



COURAGEOUS
CHURCH

Twenty-One Days of

20

SEEK

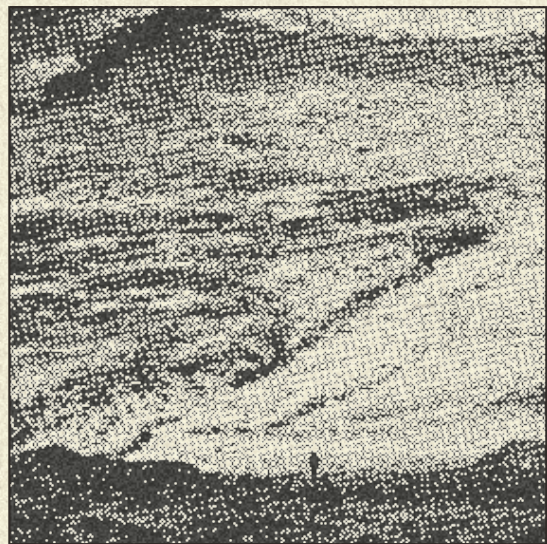
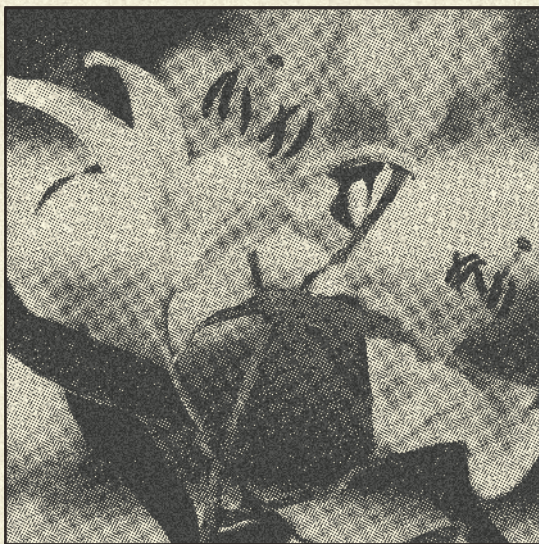
24

PRAYER *and* FASTING

JANUARY

7-28

2024



January 7 – January 28, 2024



As we enter into 2024, we're taking 21 days to set aside the things of this world and focus on what God is saying and doing in this hour. We know that we do this every January and that it would be easy to fall into the trap of going through the motions, but we want to strongly encourage you to resist that temptation and to ask God the following question:

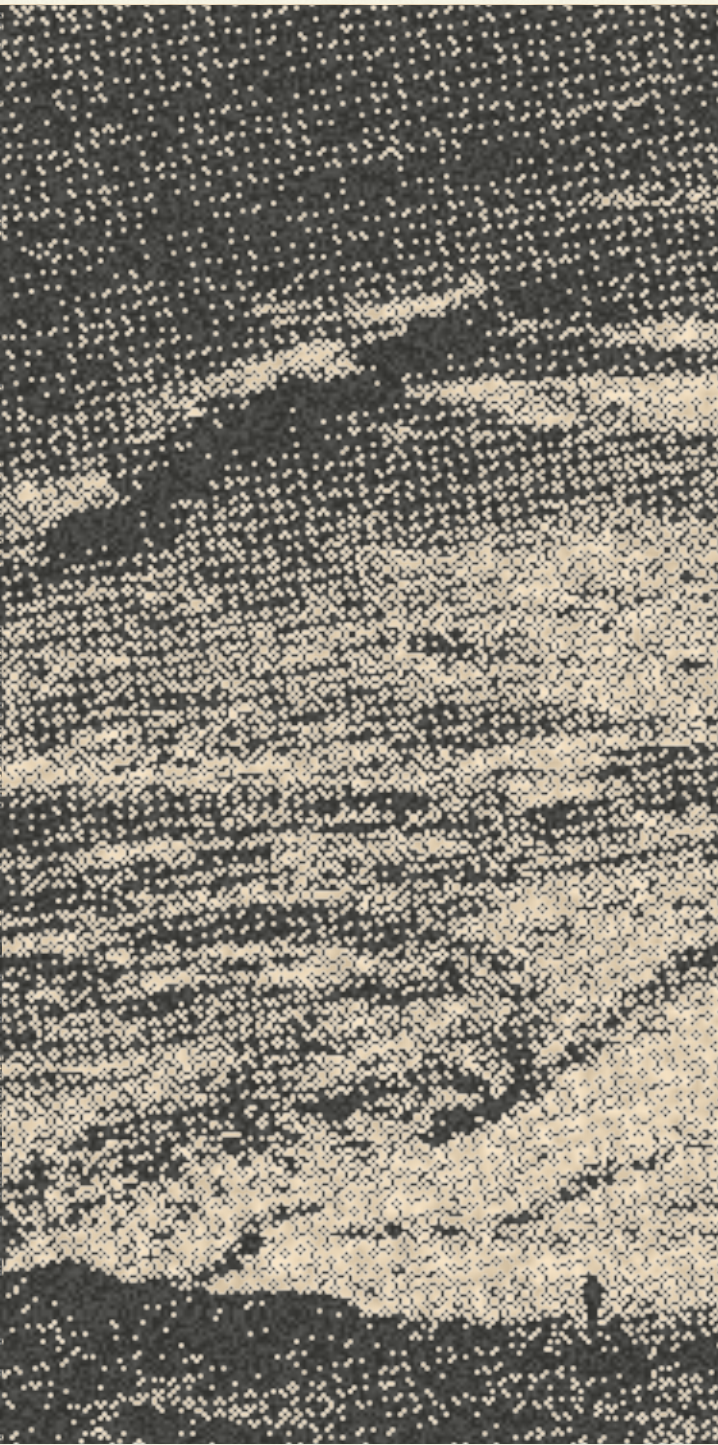
God, what are you asking of me?

Take some time and ask Him what He wants you to do during these 21 days. Maybe it's a particular type of food or comfort fast you've never done before. Or maybe it's committing to attend more prayer meetings and spend more time praying and diving into God's Word. Whatever it is, listen to Him. He's ready to do a new thing in your life and move like never before.

Let's seek His face together.

Pastors Jason and Candace





WHAT IS SEEK?

SEEK is a season where we intentionally minimize the distractions and normal routines in our lives to hear God's voice better and focus on what He is saying and doing. When we turn down the volume in our day-to-day lives, it has the supernatural effect of turning up the volume of God's voice.

Every January, we host a 21 day SEEK season that's filled with daily prayer, corporate services, and church-wide fasting. Something powerful takes place when God's people come together to lift up one voice.

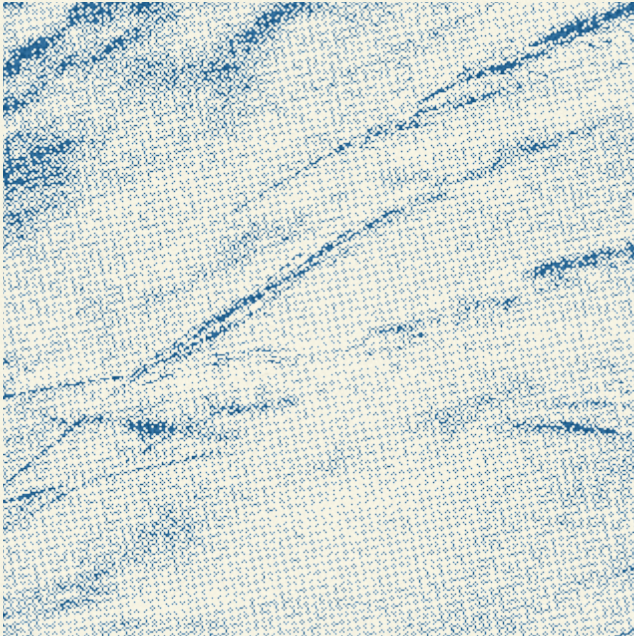
SEEK is designed for everyone. It doesn't matter if you're brand new to Courageous Church, if you've participated in SEEK before, if you're young or old, if you're single or married with kids—we want you to be part of it.

Throughout this book, you'll find everything you need to know about this SEEK season, including curated devotionals that align with each day's prayer focus and scripture, our full prayer meeting schedule, and more.

Ask the Lord what he wants from you over these 21 days. And then... do it!

WHY SHOULD I BE PART OF IT?

FOUR



WAYS TO ENGAGE DURING SEEK

1

Choose a Fast

Fasting is an invitation from the Lord for us to engage with Him in a heightened way. There is no right or wrong way to fast, and there are many different kinds of fasts to choose from. Here are several ways you can participate:

- 1-day fast each week for the entire day
- 3-day liquid fast
- 10-day Daniel fast or liquid fast
- 21-day Daniel fast, liquid fast, or 1 meal per day

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COMMON FASTS

Water Fast

Abstaining from all forms of food and drink other than water

Juice Fast

Abstaining from all solid food and only drinking juice and water

Daniel Fast

Eating only vegetables and abstaining from meats, sweets, etc.

Selective Meal Fast

Abstaining from certain meals and snacks throughout the day and only eating a reduced amount during a single designated mealtime

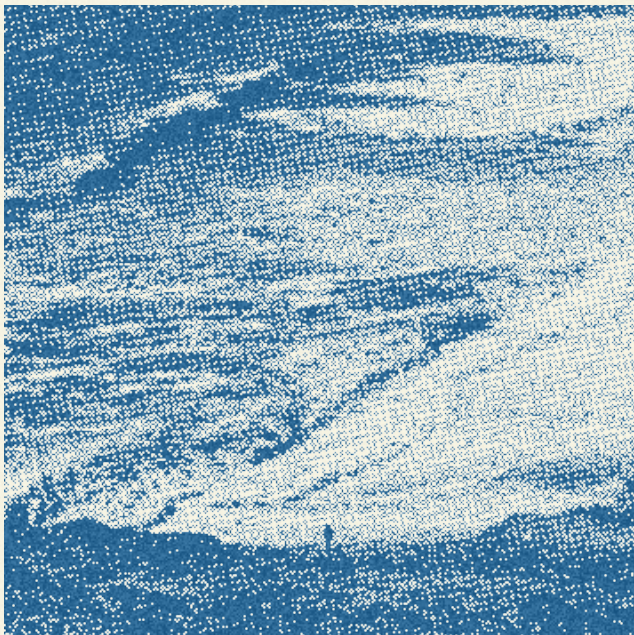
Regardless of the type of fast you choose to participate in during Seek, it's important to pray about what God is leading you to do, as well as consult a doctor and educate yourself if you have any questions or health concerns.

2

Remove Comfort

We encourage you to set aside some of the comforts that consume your time and spend extra time seeking God's face. Here are a few comforts that you can abstain from:

- Social media (Instagram, Facebook, Twitter, TikTok)
- Entertainment (movies, TV, YouTube)
- Buying material items (instead, donate and give to the poor)
- _____ (fill in the blank)

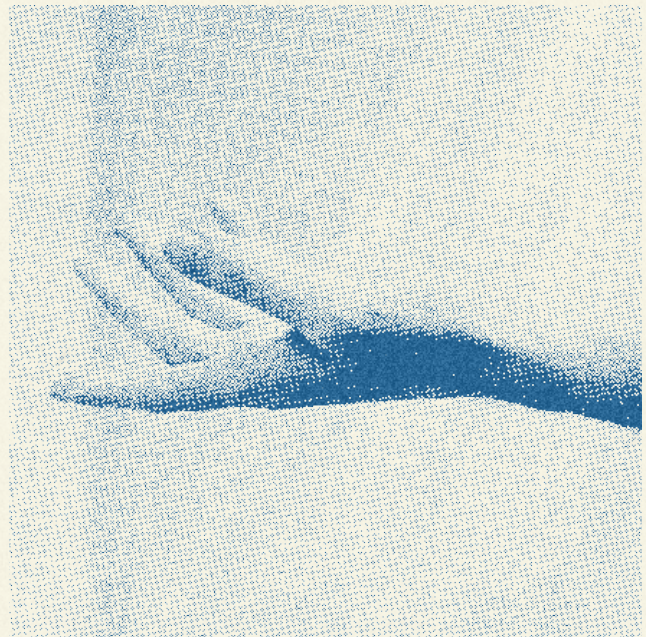


3

Pray & Intercede

Scripture teaches us that something unique and powerful happens when believers gather together in faith to seek God and cry out to Him with one voice. Here are some ways to engage through prayer and worship:

- Attend every SEEK Worship Night on January 9 at 7PM
- FAST at least 1 meal per week while praying
- Set morning alarm 30 minutes early to pray



4

Read the Bible

During these 21 days, carve out significant time to spend reading the Bible. Here are a few reading challenges:

- Start and complete a 21-Day YouVersion Reading Plan
- Start 1-Year YouVersion Full Bible Reading Plan
- Read the entire New Testament in 21 days
- Read the entire Bible in 21 days

MAKE YOUR VISION KNOWN AND WRITE DOWN

WHAT
is
GOD
ASKING
of
YOU?

WHAT GOD IS ASKING OF YOU DURING THESE 21 DAYS?

ONE

Choose a Fast

TWO

Remove Comfort

THREE

Pray and Intercede

FOUR

Read the Bible

SEEK CALENDAR

<p>WEEK ONE <i>Focus</i> HEART</p>	<p>08 Monday</p>	<p>09 Tuesday</p>	<p>10 Wednesday</p>
	<p>SEEK DAY ONE</p> <p>FOCUS <i>Consecration</i></p> <p>SCRIPTURE <i>Joel 1:14</i></p>	<p>SEEK DAY TWO</p> <p>FOCUS <i>Humility / Repentance</i></p> <p>SCRIPTURE <i>Joel 2:12-13</i></p> <p>SEEK WORSHIP NIGHT <i>Courageous Church at 7PM</i></p>	<p>SEEK DAY THREE</p> <p>FOCUS <i>Spirit of Revelation</i></p> <p>SCRIPTURE <i>Ephesians 1:17-19</i></p>
<p>WEEK TWO <i>Focus</i> HOME</p>	<p>15 Monday</p>	<p>16 Tuesday</p>	<p>17 Wednesday</p>
	<p>SEEK DAY EIGHT</p> <p>FOCUS <i>Strengthening of Marriages</i></p> <p>SCRIPTURE <i>Ephesians 5:31-32</i></p>	<p>SEEK DAY NINE</p> <p>FOCUS <i>Gatekeepers (Parents / Guardians)</i></p> <p>SCRIPTURE <i>Malachi 4:5-6</i></p>	<p>SEEK DAY TEN</p> <p>FOCUS <i>Family Altars</i></p> <p>SCRIPTURE <i>Matthew 18:20</i></p>
<p>WEEK THREE <i>Focus</i> CITY & WORLD</p>	<p>22 Monday</p>	<p>23 Tuesday</p>	<p>24 Wednesday</p>
	<p>SEEK DAY FIFTEEN</p> <p>FOCUS <i>Spirit of Prayer on the Church</i></p> <p>SCRIPTURE <i>Isaiah 56:7</i></p>	<p>SEEK DAY SIXTEEN</p> <p>FOCUS <i>Outpouring of Holy Spirit</i></p> <p>SCRIPTURE <i>Acts 2:1-4, 29-31</i></p>	<p>SEEK DAY SEVENTEEN</p> <p>FOCUS <i>Awakening in the Next Generation</i></p> <p>SCRIPTURE <i>Acts 2:16-21</i></p>

JANUARY 2024

07 Sunday

SEEK DAY
ZERO

FOCUS
N/A

SCRIPTURE
N/A

11 Thursday

SEEK DAY
FOUR

FOCUS
Spirit of Wisdom / Fear of the Lord

SCRIPTURE
Colossians 1:9-11 / Proverbs 9:10

12 Friday

SEEK DAY
FIVE

FOCUS
Love: 1st & 2nd Commandments

SCRIPTURE
Luke 10:27

13 Saturday

SEEK DAY
SIX

FOCUS
Strength / Endurance

SCRIPTURE
Ephesians 3:16

14 Sunday

SEEK DAY
SEVEN

FOCUS
Healing / Deliverance

SCRIPTURE
Isaiah 53:4-5

18 Thursday

SEEK DAY
ELEVEN

FOCUS
Strength / Protection

SCRIPTURE
Numbers 6:24-26

19 Friday

SEEK DAY
TWELVE

FOCUS
Unity / Restoration

SCRIPTURE
Ephesians 4:1-3 / 1 Peter 4:8

20 Saturday

SEEK DAY
THIRTEEN

FOCUS
Prodigals / Lost Family

SCRIPTURE
Jeremiah 24:7 / Luke 15:11-32

21 Sunday

SEEK DAY
FOURTEEN

FOCUS
Life / Spirit of Adoption

SCRIPTURE
Psalms 127:3-5 / Psalm 68:6

25 Thursday

SEEK DAY
EIGHTEEN

FOCUS
Unity in the Church

SCRIPTURE
John 17:20-23

26 Friday

SEEK DAY
NINETEEN

FOCUS
Salvations in the City

SCRIPTURE
2 Thessalonians 3:1

27 Saturday

SEEK DAY
TWENTY

FOCUS
Justice in the City

SCRIPTURE
Amos 5:24 / Isaiah 1:17

28 Sunday

SEEK DAY
TWENTY-ONE

FOCUS
Unreached People

SCRIPTURE
Revelation 7:9-10 / Matthew 28:19

Week One

FOCUS

HEART

This week, we are focusing on praying for our hearts and our relationship with God. As spiritual leaders of our families, we have a unique opportunity to establish an environment for our kids' hearts to flourish.

We have the responsibility to ask, "are our hearts being edified by what we are listening to, what we are watching, and what we are entertained by?"

How about our speech? Are we building each other up in love or tearing each other down? These questions make room for the Holy Spirit to guide us into leading our families in a Godly way.

Psalms 51:10 says, "Create in me a clean heart, O God, and renew a right spirit within me."

Family Action

This week, take time to print or cut out some heart-shaped paper and display it in a prominent place in your home, maybe in your living room or kitchen. Make a heart for each family member and have everyone write, "create in me a clean heart!" on their heart.

Throughout the week, encourage your kids to think of ways they want the Holy Spirit to give them a clean heart and write it down on their paper hearts. Maybe they need help with the Fruit of the

Spirit in their lives. He can help us develop love, joy, peace, patience, all the way to self-control! Write it down on their heart!

This is a moment for you to show vulnerability too. Do you want help making more time for personal devotions? Do you want more discipline in your finances? Write it down on your heart and watch your kids build an awareness of the Holy Spirit's cleansing power in your family!

Week Two

FOCUS

HOME

This week, we are focusing on praying for our homes and families. Our homes are sacred spaces. It's where our daily walk with the Lord is formed.

As families, one of the most powerful things we can do is invite the Holy Spirit to dwell in our homes. Just like we might have our name on a deed to a house or our signature on the lease in an apartment, our homes have spiritual ownership as well.

Through the Holy Spirit, we have the power to create a family altar to God in our homes. We also have the authority to rebuke anything seeking to disrupt or hinder our families from flourishing in God's calling for us.

Family Action

To practice this with your family, bundle up with your kids and march around your home. If it's too cold outside, create a model "home" inside by making a circle with your kitchen or dining room chairs.

Together, march around your home and take turns declaring that your home belongs to God and that the Holy Spirit is welcome. Example phrases:

"Holy Spirit, you are welcome in our home!"

"Holy Spirit, fill every room with your presence!"

"Lord, protect our home and our family!"

"Jesus, we worship You only!"

This is an extremely powerful tool for kids experiencing fear or anxiety at home. They will have power over their fear when they know that your home belongs to God!

Week Three

FOCUS

CITY & WORLD

This week, we are focusing on praying for those outside of our immediate family and church. This is a great time to teach our kids to pray for those in our schools, city, and world who do not know Jesus yet.

It is so important to pray for our own hearts and our families, but God will begin to pour out His Spirit on our city and send revival when our kids start to pray for those who are lost.

John 3:16 says, "For God so loved the world that He gave His one and only Son, that whoever believes in Him would not perish but have eternal life." God loves the world! He made a way for everyone to find life in His name!

Family Action

Take time this week to pray with your kids for friends or family members who don't know Jesus as their savior. Encourage them that their prayers have power and that God hears them! Each day, pray for a different focus. Examples: pray for your neighbors, friends, school, city, and world.

God loves the whole world so much. When we make space to pray for the world, we align our families with God's heart and mission!