

21 DAYS OF REFRESHING
January 7 thru Sunday, January 27, 2019
{for 21 days we are to submit to do each of the following}

- *ACTS OF KINDNESS*
- *POSITIVE THINKING*
- *SPEAKING WELL OF OTHERS*
- *FORGIVING EASY*
- *MEDITATION*
- *NO EXCUSES*
- *WALKING IN FAITH*
- *BEING PATIENT*
- *BEING KIND*

THEME: RESILIENT IN FASTING AND PRAYING

*“Trust in the LORD with all your heart, and lean not to your own understanding.
In all your ways acknowledge him, and he shall direct your paths.” [Proverbs 3:5–](#)*

[6](#)

Choosing to trust in the Lord rather than rely on what we understand is the best way to stay resilient.

We know the script has been written, the game has been played, the fight is fixed and we win. We will exercise resilience, and will never take matters in our own hands. We cling to our Father God hands.

You can access the entire 21 Days of Refreshing pamphlet at NHC-inc.org

Dates: Monday, January 7 thru Sunday, January 27, 2019

Food Discipline: Week 1 - No fried foods

Week 2 - No pork and if you don't eat pork, no beef

Week 3 - No caffeine and no sweets

Social Discipline: No social media except for work or school necessities.

Focus: Daily scriptures and prayers are outlined below:.

Prayer: Sunday - Friday 6:00 a.m. at (712) 432-0190 AC 842308# and
Saturdays 8:00-9:00 a.m. at NHC Sanctuary

Week 1 - No Fried Foods

Day 1 Monday, January 7, 2019

To be resilient we must be strong in the Lord.

Psalm 31:23-24 Love the LORD, all you faithful followers of his! The LORD protects those who have integrity, but he pays back in full the one who acts arrogantly. Be strong and confident, all you who wait on the LORD!

Philippians 4:13 I am able to do all things through Him who strengthens me.

Ephesians 6:10-14 Finally, be strong in the Lord, relying on his mighty strength. Put on the whole armor of God so that you may be able to stand firm against the Devil's strategies. For our struggle is not against human opponents, but against rulers, authorities, cosmic powers in the darkness around us, and evil spiritual forces in the heavenly realm. For this reason, take up the whole armor of God so that you may be able to take a stand whenever evil comes. And when you have done everything you could, you will be able to stand firm. Stand firm, therefore, having fastened the belt of truth around your waist, and having put on the breastplate of righteousness.

Day 2 Tuesday, January 8, 2019

Give thanks in all situations. When we are resilient we bounce back after trials and keep moving on.

2 Corinthians 4:8-9 We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed.

Job 17:9 The righteous keep moving forward, and those with clean hands become stronger and stronger.

1 Thessalonians 5:16-18 Always be joyful. Never stop praying. Whatever happens, give thanks, because it is God's will in Christ Jesus that you do this.

Ephesians 5:19-20 by reciting psalms, hymns, and spiritual songs for your own good. Sing and make music to the Lord with your hearts. Always thank God the Father for everything in the name of our Lord Jesus Christ.

Day 3 Wednesday, January 9, 2019

We are resilient because we know God is on our side and trials that happen in our life are for our good and His glory.

Joshua 1:9 I repeat, be strong and brave! Don't be afraid and don't panic, for I, the LORD your God, am with you in all you do.

Romans 8:28-30 And we know that all things work together for good to them that love God, to them who are called according to his purpose. For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren. Moreover whom he did predestinate, them he also called: and whom he called, them he also justified: and whom he justified, them he also glorified.

James 1:2-4 Consider it pure joy, my brothers, when you are involved in various trials, because you know that the testing of your faith produces endurance. But you must let endurance have its full effect, so that you may be mature and complete, lacking nothing.

Psalm 37:28 For the LORD loveth judgment, and forsaketh not his saints; they are preserved for ever: but the seed of the wicked shall be cut off.

Psalm 145:14 The Lord upholdeth all that fall, and raiseth up all those that be bowed down.

Day 4 Thursday, January 10, 2019

We must be content and humble before the Lord.

Philippians 4:12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

James 4:10 Humble yourselves before the Lord, and he will lift you up.

Day 5 Friday, January 11, 2019

Resilient Christians keep their focus on Christ.

Hebrews 12:2-3 We must focus on Jesus, the source and goal of our faith. He saw the joy ahead of him, so he endured death on the cross and ignored the disgrace it brought him. Then he received the highest position in heaven, the one next to the throne of God. Think about Jesus, who endured opposition from sinners, so that you don't become tired and give up.

Day 6, Saturday, January 12, 2019

Resilient Christians give God the glory even after disappointments, in the storm, and after the storm.

Job 1:21-22 and exclaimed: "I left my mother's womb naked, and I will return to God naked. The LORD has given, and the LORD has taken. May the name of the LORD be blessed." Job neither sinned nor charged God with wrongdoing in all of this.

Genesis 41:14-16 Then Pharaoh sent for Joseph, and they quickly brought him from the dungeon. He shaved, changed his clothes, and went to Pharaoh. Pharaoh said to Joseph, "I have had a dream, and no one can interpret it. But I have heard it said about you that you can hear a dream and interpret it." "I am not able to," Joseph answered Pharaoh. "It is God who will give Pharaoh a favorable answer." Habakkuk 3:17-18 Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation

Day 7, Sunday, January 13, 2019

Trust in the Lord in all circumstances.

Proverbs 3:5-6 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 your paths straight.

Psalms 62:8 Trust in him at all times, you people! Pour out your hearts before him! God is our shelter!

Week 2 No Pork and if you don't eat pork, no beef

Day 8, Monday, January 14, 2019

MARRIAGES & FAMILIES

Colossians 3:18-21

Father, we pray for divine love in our marriages. 1 Corinthians 7:2-3, Hosea 2:14-20

Father, we pray that our families would be worthy ambassadors of God's kingdom.

Father, let every trial in our marriages become testimonies James 1:17, 2

Corinthians 5:20

Father visit us with uncommon favor, unexplainable miracles and unbelievable testimonies.

Father, reveal to us your agenda and plan for the next level of our lives.

Father, give us the revelation of who we are in you.
Father, release your power, might, strength and ability upon us.

CHILDREN

Lord, let our children receive life and they shall be saved. 2 Timothy 3:15, Titus 1:9

Father, may our children never be victims of someone else's mistake.

Lord, we declare that the destiny of our children will not be destroyed or disrupted by accident or incident.

Father, we declare the lives of our children will not be terminated as a result of someone's error. 2 Samuel 4:4, 2 Peter 3:17

Father, we pray for growth and increase in wisdom, stature and favor with You and man in the lives of our children. Luke 2: 52, 2 Peter 3: 18, 92:12

Day 9, Tuesday, January 15, 2019

THANKSGIVING.

1 Thessalonians 5:18, Psalm 100, Psalm 103

Father, I thank you for keeping me, my family and all that pertain to me. Psalm 34:1-6

Thank you O' Lord for bringing me into this year. Job 33:18

Thank God for keeping you and all yours this year. Psalm 16:5-6

Thank God for His mercies on your life and family. Lamentations 3:22

Thank God because all will be well with you and all yours in 2016. Isaiah 3:10

Thank God for what He is going to do in your life this year. Isaiah 43:19

Thank God for your glorious future. Psalm 67:5-7

SINGLE PERSON

Father, release of your blessings upon the lives of our singles. Matthew 6: 33, Ex 23:25, Colossians 3: 23-24

Father, let our singles be preferred above their counter-parts.

Father, no longer shall the singles be overlooked, desolate or rejected. Daniel 6:3, Esther 2:9, 1 Peter 2: 9

Father, let wisdom, knowledge and understanding lead them into favor in the sight of You and man. Isaiah 11: 2-3, Malachi 3:14-18

Day 10, Wednesday, January 16, 2018

CONSECRATION

Joel 2:15-17, Romans 12:1-2

Father, consecrate me spirit, soul and body as a living sacrifice in Jesus name.
Father, I receive supernatural purging and cleansing from every dead works by the blood of Jesus.

Father, pour upon individual and your church spirit of thanksgiving. Psalm 100

Father, sanctify and purify me from the filthiness of the flesh and of the spirit.

Malachi 3:3, Matthew 3:12

JOY

Father, cause me to sing songs of everlasting joy. Isaiah 35:10

Lord, let sorrow, sighing and mourning flee far away from me. Isaiah 35:10

Father, from now, let me know only the joy of The Lord continually.

Father, let me enjoy joy unspeakable joy and fill my life with your glory throughout 2019.

Day 11, Thursday, January 17, 2019

FRESH OUTPOURING OF HOLY SPIRIT AND REVIVAL

Joel 2:28, Acts 2:1-2.

Father, pour out Your Spirit upon NHC and the body of Christ.

Father, refresh every thirsty soul.

Father, give me new depths of intimacy with the person of Holy Spirit.

Father, anoint us as a church with fresh oil as we step into the New Year.

Father, let there be a sudden visitation of Holy Spirit that will cause revival to break forth in NHC

Day 12, Friday, January 18, 2019

PRAYERS FOR OUR BISHOP AND FIRST LADY

Father, empower and anoint our Pastor and First Lady afresh on a daily basis.

Father, by your mercy silence every evil plan against the ministry of our Pastor and First Lady. Psalm. 143:12

Father, fortify the strength of our Pastor and First Lady. Isaiah 41:13-14

Father, divinely protect our visionary and family Psalm 125:2

Father, contend with those contending with our visionary. and his family. Isaiah 49:24-26

Father, give our visionary and family divine health. Psalm 128:3

Father, let your special hand of favor rest on our Pastor and First Lady for the rest of their lives. Psalm 27:1

Father, help our Pastor and First Lady to finish well and finish strong. 2 Timothy 4:6-8

Father, empower our Pastor and First Lady to break more new grounds this year.

PROTECTION FROM EVIL

Father, deliver every prey from the hand of the mighty in Jesus name, Isaiah 49:24-26

Lord, put to shame every evil strongman. Luke 11:21-22

Lord, deliver every lawful captive and the prey of the terrible in Jesus name. Isaiah 49: 24-25a

Father, fight with those who fight with me and save my children in Jesus name. Isaiah 49:25b

Father, feed my enemies with their own flesh; let them drink their own blood like sweet wine in Jesus name. Isaiah 49:26a

Father, let all the world know that you are my Saviour and Redeemer. Isaiah 49:26b

Day 13, Saturday, January 19, 2019

PRAYERS FOR THE ELDERS, MINISTERS AND DEACONS

Zechariah. 3:1-4, Isaiah 55:10-11, Numbers 23:19

Father, let your hand rest upon our leaders to operate in divine wisdom.

Father, continually fill our leaders with your spirit and that he will not be distracted.

Father, by your grace and wisdom distinguish our leaders as pacesetters and to lead us in your will.

Father, divinely protect them and their families. Cover them with the blood.

Lord, we pray our leaders will hear You clearly through Holy Spirit not emotions.

Father, remove every obstacle or objection from their path. John 12:37

ALL LEADERS

Lord, preserve and protect our leaders from the schemes and craftiness of men. Psalm 31:20

Father, strengthen our leaders as they face the challenges that come with responsibilities of leadership. Ephesians 3:16

Lord, give our leaders wisdom, knowledge and understanding for leadership. 1Samuel 2:35 & 1Chronicles 12:32

Father, release uncommon strategies and creative solutions to our leaders. Proverbs 8:12, Daniel 5:11-14

Lord, anoint our leaders with fresh oil. Psalm 92:10, Psalm 89:20

Lord, raise a hedge of protection around all Pastors, ordained ministers, leaders and their family.

Father, preserve leaders health and let them fulfill your counsel and mandate.

Psalm 89:22-29, Psalm 91:9-16

Day 14, Sunday, January 20, 2019

PRAYER FOR MOTHERS, MINISTRY LEADERS AND ALL THE MEMBERS OF NEW HOPE

Father, increase our resources emotionally, spiritually, financially, intellectually and relationally. Ephesians 3:20

Father, we declare full expression of Your presence in all areas of our lives.

Zechariah. 2:5

Father, increase our capacity. Enlarge our territory and the membership of NHC.

God increase our ABILITY – power to make things happen for Your Kingdom. 2 Samuel 22:34-36

Father, we declare divine protection over all our ministry leaders, workers and member of NHC. Psalm 91:10-11

HEALING & HEALTH

Isaiah 53:5

Father, illuminate my eye with the revelation of Christ's finished work. Isaiah 53:4-5, 1 Peter 2:24

Lord, cast out every spirit of infirmity. Mark 7:25-30, Luke 13:11-13

Lord, I will enjoy perfect health and wholeness. Isaiah 58:8, Jeremiah 30:17

Father, no room in my life for sorrow, depression sickness and pain. Isaiah 53:4

Father, I declare that every sickness in my body is destroyed in Jesus name. 1 John 3:8.

Week 3 - No Sweets and No Caffeine

Day 15, Monday, January 21, 2019

PRAYER FOR GIFTS OF HOLY SPIRIT

1 Corinthians 12:7-11, 2 Timothy 1:6, 1st Corinthians 2:4

Lord, let there be visible demonstrations of your power in my life and our services.

Lord, stir up every spiritual gift in my life that has become dormant or inactive.

Father, stir up every spiritual gift in the church that has been hidden or ignored.

Father, let there be divine investment of spiritual gifts and uncommon abilities in NHC.

COMPLETE IN YOU

Father, make 2019 my year of fulfillment in Jesus name. Habakkuk 2:3, Jeremiah 30:8

Father, fulfill all my dreams and expectations. Genesis 15:13-14, Exodus 12:41

Lord, let 2019 be my year of divine and supernatural progress. Isaiah 43:19, Psalm 66:12, Acts 19:11

Father, let this be my season and year of exceptional favor. Psalm 102:13

Father, support me divinely in Jesus name. Psalm 54:4

Father, sustain me and all mine. Isaiah 41:10, 14

SPIRITUAL GROWTH

Lord, help me to fast and pray like never before in 2019. Daniel 9:3, Matthew 4:1-2

Father, let my sacrifice of fasting and prayer be greatly rewarded. Hebrews 6:10

Lord, let 2019 be my year of new beginnings of greatness and glory in Jesus name.

Isaiah 43:19, Isaiah 62:2

Father, make me a light to all around me, use me to win souls into your kingdom.

Matthew 5:14, Isaiah 42:6, 49:6

Day 16, Tuesday, January 22, 2019

MANIFESTATION OF THE FRUIT OF THE SPIRIT

Gal 5:22-23, Isaiah 37:31; Isaiah 32:15

Father, I decree that I am deeply rooted in your love and bear upward fruit.

Father, I decree that I am only the fruits of righteousness are made manifest in my life.

Father, empower me to win souls to the Kingdom of God daily.

USE ME FOR YOUR SERVICE

Father, do a new thing in my life, family and destiny. Isaiah 43:19

Lord, bring to fulfillment your plans for my life. Joshua 21:45

Father, help me not to hinder your work in my life. Psalm 81:13, Mark 11:22-24

Father, have your way in my life, family, work, career and destiny. Hebrews 10:9a

Lord, fulfill your good purpose in me in Jesus name. Jeremiah 29:10

Lord, fulfill your good purpose in my surroundings, let souls be saved and revival.

Psalm 85:6, Hosea 6:1-3, Habakkuk 3:2

Lord, fulfill your plan in my life, family and nation. Psalm 126:1-6

Day 17, Wednesday, January 23, 2019

NUMERICAL GROWTH

Micah 4:1-2, 1 Tim 1:18, Ps 2:8, Ezekiel 36:10, 11, 30, 37

Father, give your church burden for lost souls.

Father, uncover every veil hindering people to receive the glorious light of the gospel.

Father, we call forth those who are appointed to be the sons and daughters of NHC.

FINANCIAL BREAKTHROUGH and CAREER, BUSINESS

Father, give me an excellent spirit after the order of that Daniel. Proverbs 22:29, Proverbs 10:4, Daniel 6:3-4

Father, favor me and the work of my hands beyond my imagination. Psalms 5:12, Luke 2:52

Lord, give me talents and business ventures that will make room for me.

Proverb 18:16, Genesis 26:22

Day 18, Thursday, January 24, 2019

PRAY FOR HARVEST OF SOULS

Father, let there be massive inflow of souls in all our parishes. Isaiah 2:2-3

Father, increase the influence of NHC in the community that God has called her to. Isaiah 2:2-3

Father, show me divine opportunities to win souls to His Kingdom

PROTECTION

Father, protect me, my family and Church from tragedies and calamities.

Philippians 1:6

Lord, hide me in the hollow of your hand. Isaiah 51:16, Psalm 17:8

Father, keep me from evil and protect me. I come against sickness and disease.

Psalm 91

Lord take away sickness from the midst of us in NHC. Exodus 23:25

Day 19, Friday, January 25, 2019

REVIVAL IN THE LAND

1 Tim 1:18, 2 Chron. 7:14, Hosea 14:7, Zechariah 10:1

Father, pour out your mercy on us as a church.

Father, purge me of every form of disobedience and self-centeredness.

Father, give me the grace to make the sacrifices required for the revival to break forth in our land.

Lord, we break down the satanic strongholds that control the minds and hearts of people in the land.

Father, we release the spirit of prayer upon our land.

THE NATION

Jeremiah 29:7

Father, let your peace reign in our nation.

Lord, let the storms of terror be removed. Psalm 91:4 –7, Mark 4:37 -39

Father, let the leaders surround and subject themselves to Godly counsel. Proverbs 19:21, I Timothy 2:1-2, Proverbs 14:34

Father, grant us boldness to declare and uphold the message of righteousness.

Day 20, Saturday, January 26, 2019

REVIVAL AND RESTORATION

Ezekiel 37:1-14, Matt 16:18

Father, build your church into strong army, to take territories for you.

Father, let there be restoration of lost hopes & dreams this year. 2 Samuel 9:7

Lord, I decree upon my life the anointing to overtake and recover lost glory. Joel 2:25-27, 1Samuel 30:8, 19

Father, make every dry land a spring of water for me and your church. Isaiah 35:7

Father, revive every dead situations in my life. Ezekiel 37

Father, release spirit of grace and supplication upon NHC to be a house of prayer and manifestation of your power.

SUPERNATURAL ABUNDANCE

Father, open our eyes to the principle of abundant life and fruitfulness. Proverb. 3:5 – 10

Lord, anoint your people to multiply greatly in 2019.

According to your word, Lord Jesus, make your church exceedingly fruitful in 2019. Genesis 12:1 – 3, Genesis 26:12 – 13, Genesis 30:43, Genesis 28:3 – 4

Father, bless us in 2019 'O LORD, send the arrow of barrenness back to the sender. Genesis 27:27 – 29, Genesis 12:3

Day 21, Saturday, January 26, 2019

THE CHURCH

Acts 2:42 – 47

Father, give your church grace (Leaders & Members) to be steadfast and faithful in their role in the land. Acts 6:4, 2 Corinthians 7:1, Galatians 6:9

Father, let there be oneness and unity in your church. Colossians 4:2, Philippians 2:2, 5, Matthew 16:18

Father, build your church. We come against every agenda of the enemy against your church.

Father, let your church have a personal encounter with you.

Father, strengthen the faith of each member of NHC to do the work of ministry. 2 Timothy 1:9, 1 Corinthians 16:13, Jude 1:20.

THE COMMUNITY

Acts 2: 46, 47

Father, grant us wisdom and strategy to minister/ be relevant to the community.

Matt 5:16, Col 1:9-11

Lord, grant them receptive heart. Psalm 95:7-8, Acts 19:19-20

Father, grant us mighty signs and wonders.

Father, grant us power of the Spirit of God to preach the gospel throughout the entire community.