

# SEEK week

Instructions: This is a week of Pursuing God. It includes denying yourself through Prayer, Fasting, Meditation, and Journaling. Allow God's Holy Spirit to highlight things in your life that may come between you and Jesus. Put God first in your life, actively pursuing a relationship with Him through prayer, study, worship, and obedience. Place God at the center of your attention.

Pursue God in the following areas during this week of prayer and fasting:

## **Your Life, Our Church, Our City, and Our Nation**

### | Day 1

*Sunday—Set your heart to seek the Lord.*

- 1 Chronicles 22:19, Ezra 7:10, 2 Chronicles 20:3.
- Ask God to purify your motives and focus.
- Invite the Holy Spirit to guide your prayers this week.

**Reflection: Journal and/or questions.**

### | Day 2

*Monday—Silence the distractions of the world.*

- Psalm 46:10, Psalm 40:1-3
- What thoughts do you need to forsake?
- What ways (behaviors) do you need to change?

**Reflection: Journal and/or questions.**

### | Day 3

*Tuesday—Look upward in dependence on the Lord.*

- Colossians 3:2, Psalms 123:2, Psalm 24:3-4, 2 Chronicles 7:14
- Ask God to purify your motives and focus.
- What promises from God does He want you to embrace.

**Reflection: Journal and/or questions.**

Seek God through  
**fasting.**

Scan to see more  
fasting resources.



## | Day 4

*Wednesday—Remember and celebrate what God has done for you.*

- Psalm 63:1-8
- Worship is our response to who God is. He is worthy, so we worship. He is good, so we thank Him. He is holy, so we revere Him.
- Listen, allow God's Spirit to speak; then obey.

**Reflection: Journal thoughts and/or revelations for 5-10 minutes**

## | Day 5

*Thursday—Seek His kingdom for the nation (What's happening in the nation that needs God's presence and intervention?)*

- 1 Timothy 2:1-2, Proverbs 29:2, 2 Chronicles 12:5-7
- Pray for leaders to turn to God.
- Pray for unity and peace to replace hostile attitudes of people.

**Reflection: Journal and/or questions.**

## | Day 6

*Friday—Seek His kingdom for the city.*

- Jeremiah 29:7
- Pray for peace and justice in your city.
- Bless local leaders—mayors, councils, law enforcement.

**Reflection: Journal and/or questions.**

## | Day 7

*Friday—Seek His kingdom for the city.*

- Pray for effective outreach to the lost, poor, and broken.
- Ask God to expand the church's influence in the city.

**Reflection: Journal and/or questions.**

Seek God through  
**prayer.**

Scan to see all of the prayer opportunities across our campuses.

