



Evaluated Experience Is Our Best Teacher

In his newest book, [Pray First](#), Pastor Chris shares everything he has studied on prayer. He included a whole section on the models of prayer that he has taught for almost forty years of ministry including the Lord's Prayer, the Tabernacle prayer, and the prayer of Jabez. He has also included a section on prayer and fasting and building prayer teams in our churches.

Pastor Chris and the team have worked hard to ensure *Pray First* is available to you by the start of 21 Days of Prayer. We believe this will be a fantastic resource for you and your team as we move through the prayer season. **Pastor Chris has also made his sermon notes for the *Pray First* series available for you as a resource to your church!** A pre-recorded message will be available in the early part of January to show at your Sunday Service as well.

[Pray First Resources](#)

Listener Q&A:

Q: I'm considering doing a 21 Day water-only fast during 21 Days of Prayer. Do I need to talk to a doctor first? Is there anything I need to do now to prepare spiritually and where can I get more information?

A: The first four words of everything you do should be "in the beginning, God". Your body will begin to detox and you will feel your body going after those toxins. We're all addicted to something and it's important to break those addictions. If you can learn how to tell your body "no" during a fast, it'll help you tell your body "no" when you're tempted. Always get medical supervision especially if you're on medication.

When doing a water-only fast, pre-fast the things you think you're addicted to. Stop eating or drinking the things you're addicted to before the fast begins (for example: sugar and caffeine).

[Ask PC Your Question](#)



Week of Evaluation

1. What should I bring with me into 2023 and what should I leave behind?

- Go through last year's calendar and camera roll to relive every moment throughout the year
 - I cannot go back and change the beginning, but I can start where I am and change the ending.
- Experience isn't the best teacher. Evaluated experience is.

2. Personal Retreat Day:

- Starts with a couple of hours with the Lord - journal, pray, worship
- Reflective thinking while exercising or walking
- Calendar Review
- Grading Your Dashboard
- Planning for the future - travel, speaking, series
- Dreams and goals - Full Focus Planner

Grading Your Dashboard

Give yourself a grade for each area and write a one-sentence action step on how you can improve in that area.

1. Faith Life

- a. How am I doing with God?
- b. Action Step Example: I won't turn anything on until I talk to God.

2. Marriage Life (or Dating Life)

3. Family Life

4. Office Life

- a. How well is my 8-5 going? Job & school
- b. Am I spending too much time in the office? Am I serving my team well?

5. Digital Life

- a. Evaluate your time on digital things - gaming, movies, social media

6. Ministry Life

- a. Ministry Life is your purpose.

7. Financial Life

- a. Evaluate where your money was spent in the previous year and set new financial goals.

**8. Social Life**

- a. Ensure you're feeding your spirit with friends.

9. Attitudinal Life

- a. This should be checked daily.

10. Creative Life

- a. What am I dreaming about? What am I planning?
- b. If I was writing another book, what would it be?
- c. What am I going to teach this year?

11. Mental Life

- a. Mind and thoughts

12. Physical Life**5 Reflection Questions****1. What's My Purpose?**

- a. What's my original calling from God? What activities do I do that I love the most?

2. What am I doing to accomplish my purpose?

- a. Plan my ideal week and year?
- b. How many Sundays will I give away to speak to someone else's church?

3. How am I doing?**4. Reevaluate my values.****5. What one thing if it got better would make the biggest difference?**

- a. Get yourself a word for this year.
- b. What's most important right now?

RESOURCES

- [Church of the Highlands 21 Days of Prayer and Fasting](#)
- [Habits + Fasting Message - January 8, 2017](#)
- [GrowLeader Conference 2023](#)
- [GrowLeader Regionals](#)
- [Monthly Mentoring with Pastor Chris](#)
- [Free Church Resources](#)
- [Previous Episodes + Show Notes](#)
- [The Wesleyan Investment Foundation](#)
- [Great American Family Network](#)
- [Compassion International](#)