



OUR 21-DAY DAILY DEVOTIONAL

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# 21 DAYS OF PRAYER AND FASTING

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MATTHEW 5:1-22 (NRSV)



REDEEMED LIFE CHURCH OAHU  
REACH THE LOST • LOVE THE BROKEN • CARE LIKE CHRIST  
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# Aloha 'Ohana

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Aloha, Patrick and Nicole Kalout, Lead Pastors of Redeemed Life Church O'ahu, extend a warm welcome to you.

Mahalo Nui Loa for downloading this devotional and choosing to join us for 21 days of prayer and fasting.

At Redeemed Life Church O'ahu, we believe prayer and fasting are two powerful spiritual disciplines that prepare our hearts to receive God's direction—both as a community and as individuals—as we enter 2025.

As a church family, we are seeking God's guidance to grow as a community of Jesus' followers here on O'ahu. We are asking Him to equip us to spiritually lead and serve those who are lost and broken, just as Christ would.

Individually, our prayer is to encounter the redemption, deliverance, peace, hope, joy, and love that only Jesus provides.

During these 21 days, we will meditate on Matthew 5:1-22 (NRSV), beginning January 5, 2025. This passage, known as the Sermon on the Mount or the Beatitudes, contains some of Jesus' most profound teachings recorded in the New Testament.

We invite you to pray with us daily, ideally alongside your regular devotional time. The specific time doesn't

matter; what's important is maintaining a disciplined and consistent practice of praying through each verse of the passage day by day. Together, as a unified army of prayer warriors, we will seek God's direction and align our hearts with His will.

We encourage you to journal your thoughts, insights, and any revelations God shares with you during this time.

If you'd like to share your experience, feel free to email us at [redeemedlife.oahu@gmail.com](mailto:redeemedlife.oahu@gmail.com).

We would love to hear from you!

Additionally, fasting isn't limited to food. Consider setting aside time by fasting from other activities like smartphones, social media, video games, TV shows, or anything else that often distracts you from connecting with God. Reclaiming this time can help deepen your relationship with Him.

To support you on this journey, we've included some content about prayer and fasting. These materials provide helpful insights to strengthen your walk with God and deepen your understanding of these transformative practices.

Let's begin 2025 by seeking God's guidance and counsel with intentionality and faith.

May the Lord of peace bless and keep you throughout this new year.

With love,

***Patrick and Nicole Kalout***  
RLC-O'ahu Lead Pastors

# THE GOD WHO LISTENS

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In the early church, prayer started to move away from formal Jewish traditions to become more personal and heartfelt. Jesus taught that prayer should not be about long, repetitive words to get God's attention (Matt 6:7). Instead, God already knows our needs and is eager to listen (Matt 6:8). Two of Jesus' parables show that God is quick to respond:

- 1 The Persistent Widow**  
(Luke 18:1–8) compares prayer to a widow asking a stubborn judge for justice. Unlike the judge, God listens and acts quickly.
- 2 The Friend at Midnight**  
(Luke 11:5–8) shows that God doesn't need endless knocking to respond. He is always ready to help.

## New Ideas About Prayer in the New Testament

- 1 Calling God "Abba, Father"**  
Jesus used the word "Abba" (Father) to show a close, loving relationship with God (Mark 14:36). Paul explained that calling God "Abba" shows we are His children (Rom 8:15). It's not casual but respectful and heartfelt.
- 2 Prayers of Thanksgiving**  
Paul's prayers often focused on thankfulness, just like Jesus' prayers (Matt 11:25–26). Being thankful became a key part of Christian prayer.
- 3 Praying in Jesus' Name**  
In ancient times, names were tied

to a person's character. Jesus taught His followers to pray in His name, showing faith in His power and connection to God (John 14:13–14). The early church continued this practice, knowing God would answer prayers aligned with His will (1 John 5:13–15).

### 4 The Holy Spirit's Help

The Holy Spirit became an intercessor, helping believers pray and connecting them directly to God. The Spirit helps when we don't know what to say (Rom 8:26).

## Prayer in the Early Church



The early church blended spontaneous prayers with traditions. They often prayed the Lord's Prayer (Matt 6:9–13) at set times during the day, similar to Jewish practices.

Over time, Christian prayers became more structured but kept their focus on Jesus' teachings. Models like the "A.C.T.S. Prayer" (Adoration, Confession, Thanksgiving, Supplication) grew from these practices, encouraging believers to praise God, admit sins, give thanks, and ask for help.

# FASTING IN THE NEW TESTAMENT

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In the New Testament, fasting shows up mainly in the Gospels. John the Baptist, his followers, and the Pharisees all practiced fasting (Matt. 9:14; Mark 2:18; Luke 5:33). Jesus also fasted for 40 days in the wilderness, and Luke and Acts show fasting as a part of worship (Luke 2:37; Acts 14:23).

## Jesus and Fasting



Is this the true face of Jesus? • Find out here

Jesus fasted, possibly to show His dependence on God during tough times (Matt. 4:1–2; Luke 4:2). Mark doesn't mention Jesus fasting but says angels cared for Him,

hinting that God might have provided heavenly nourishment (Mark 1:13).

In the Sermon on the Mount, Jesus warns against fasting to show off. Instead, He says to keep fasting private

— wash your face and act normal so only God knows (Matt. 6:16–18).

Jesus' disciples stood out because they didn't fast like John's disciples or the Pharisees. Jesus explained this using a wedding analogy: while the bridegroom (Jesus) is present, it's a time to celebrate, not fast. Fasting would be appropriate once the bridegroom is gone (Matt. 9:14–15; Mark 2:18–20; Luke 5:33–35).

## Fasting in Acts

The early Christians fasted voluntarily for different reasons, often as part of prayer and self-discipline. The church in Antioch fasted before sending out missionaries and appointing church leaders (Acts 13:2–3; 14:23).

## Fasting in the Early Church

Early Christians took fasting seriously. Writings like the Didache encouraged fasting twice a week, while others, like the Shepherd of Hermas, emphasized obedience over fasting. Some believed fasting helped resist temptation and prepared people for worship. It was even recommended before baptism (Did. 7:4; Tertullian, Bapt. 20).

Fasting was a meaningful practice for early Christians, helping them grow spiritually and stay focused on God.

Hardin, Leslie T. 2016. ["Prayer."](#) In *The Lexham Bible Dictionary*, edited by John D. Barry, David Bomar, Derek R. Brown, Rachel Klippenstein, Douglas Mangum, Carrie Sinclair Wolcott, Lazarus Wentz, Elliot Ritzema, and Wendy Widder. Bellingham, WA: Lexham Press.

Seal, David, and Kelly A. Whitcomb. 2016. ["Fasting."](#) In *The Lexham Bible Dictionary*, edited by John D. Barry, David Bomar, Derek R. Brown, Rachel Klippenstein, Douglas Mangum, Carrie Sinclair Wolcott, Lazarus Wentz, Elliot Ritzema, and Wendy Widder. Bellingham, WA: Lexham Press.





















































# Our Prayer Requests

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As you follow this "21 Day Prayer and Fasting" devotional alongside us, would you also pray for RLC-O'ahu?

Here are our prayer requests:

**1. Clear Vision and Mission**

Pray for a mission that reflects the unique cultural and spiritual needs of O'ahu, embracing the diversity of the island while staying true to God's Word.

**2. Leadership Team**

Seek God's guidance in raising up local leaders who understand the culture, values, and challenges of O'ahu, fostering unity and collaboration.

**3. Community Outreach**

Pray for effective ways to connect with O'ahu's diverse communities, including Native Hawaiians, locals, and those from the continental U.S., addressing needs such as homelessness, youth mentorship, and family support.

**4. Spiritual Breakthrough**

Pray for God to break through spiritual strongholds, including apathy, materialism, and cultural disconnection from faith, drawing people into a deep relationship with Jesus.

**5. Provision of Resources**

Ask for resources that reflect the island's needs, including affordable

meeting spaces, support for local missions, and partnerships with other churches and organizations on O'ahu.

**6. Core Team Growth**

Pray for local believers on O'ahu to catch the vision and join the core team, bringing their gifts, cultural insights, and passion for Jesus to the church plant.

**7. Effective Discipleship**

Pray for discipleship programs that resonate with the community, incorporating the island's aloha spirit and emphasizing relational, family-oriented growth in Christ.

**8. Faithful Preaching of the Word**

Pray for sermons and teachings that honor God's Word while addressing the specific spiritual questions and struggles faced by O'ahu's residents.

**9. Fostering Unity**

Pray for unity among diverse ethnic, cultural, and socio-economic groups within the church, modeling the love of Christ in a way that reflects the aloha spirit.

**10. Lasting Kingdom Impact**

Pray that the church would contribute to the broader kingdom work on O'ahu, becoming a hub for missions, church planting, and community transformation across the islands.



*Hey!*

## **Will You Support RLC-O? Every Gift Counts...**

Missionary work requires an enormous support base. Whether it is praying, volunteering, or funding RLC-O you are helping us to continue with our mission to reach the lost, love the broken, and care like Christ here in O'ahu.

Thank you for your consideration.

Here are some safe ways to give:

- **Visit our website at:**  
[www.redeemedlifeoahu.church/give](http://www.redeemedlifeoahu.church/give) or
- **Scan the following QR-Code**



or

- **Text RLC2024 at (808) 865-0701**



### **REDEEMED LIFE CHURCH OAHU**

**Online Sunday Service - 11:00 AM HST (UTC-10)**

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