

# Make Room

“Be still, and know that I am God.”

**Psalm 46:10**

a month of  
*prayer and fasting*

# Make Room

## *January at C7*

Join us over the next four weeks as we reorganise our lives to make room for God to move in our lives and in our year ahead.

Each week throughout January we have with a series of scriptures, a short devo and questions to think about. We encourage you to do this with friends, family or your group.

May your eyes be opened to the glory, wonder and beauty of The Lord and the understanding that He desires to spend time with you.

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# Prepare *the way*

## *week one 5-11 Jan*

This week's reading (read and meditate on):

- Matthew 3:1-3
- Isaiah 40:3-5
- Exodus 19:1-15
- Colossians 3:1-17
- Mark 11:15-18

In Matthew 3:3, John the Baptist declares, "*Prepare the way for the Lord, make straight paths for him.*"

Similarly, Exodus 19:10-11 shows us God instructing the Israelites to consecrate themselves in anticipation of encountering Him. These scriptures are a call to preparing our hearts and lives to welcome Jesus in.

Much like we clean our houses so that they aren't cluttered with things we don't need, we need to do the same with our hearts and mind. The clutter in our homes could be things like old clothes we don't fit anymore, but the clutter in our hearts might look like negative or small thinking, jealousy, grudges, resentment or insecurities. We don't want these things taking up space in our hearts, so it's time to prepare the way for God.

The start of a year is a great time to 'clean house' spiritually – refreshing our minds, hearts, and commitments to God.

Whether you are seeking God for specific guidance, preparing for a period of fasting, or simply looking to deepen your relationship with Him, this process of preparation is invaluable. It involves casting off what hinders us and embracing habits and practices that foster spiritual growth.

Just as Jesus cleared the temple, overturning the things that shouldn't have been there, we too at the start of the year, can clear out our lives of the things that have got in that shouldn't have. However, we don't want to leave our lives empty!

Jesus didn't just drive out the traders but He instructed that His House should be a House of prayer - let's use this time to reorder our lives with prayer as a priority.

This week we encourage you to take some time to look at the rhythms and practices of your life, identifying and amending aspects that may be misaligned with His ways.

Things to think about:

- a. Why did Jesus clear the temple and reinstate it as a place of prayer? What does this teach us about the importance of prayer in our lives?
- b. What is something in your heart, mind or life that you need to clear out that's stopping you move forward?
- c. What could you fast from in January to help you prioritise time with God?

# Wait on *The Lord*

*week two* 12-18 Jan

This week's reading (read and meditate on):

- Mark 1:35-39
- John 5:16-20
- Luke 24:36-53
- Isaiah 40:29-31
- Psalm 27:7-14

Life can get busy, noisy and full of distraction, yet even Jesus knew the importance of withdrawing from it all to be alone with His Father.

We live in a world that is constantly fighting for our attention, whether it's the constant ping of text messages, the scroll of social media, TV advertising or just the day-to-day of family life, someone is always seeking our attention. But how often do we answer their call before answering God's call?

Time alone with God doesn't always come easily, and it doesn't always last long. Yet, Jesus modelled a rhythm of life that prioritised alone time with God. It was from this place that all His earthly ministry flowed - He only ever did what He saw His Father do, which came from this place of time and intimacy with God.

Not only did Jesus example waiting on the Lord, but He also instructed it to the disciples. When Jesus gives the great commission, to go and be the church, He first told them to wait. Once the disciples waited on God, then they were clothed in power. It was from this place they were able to go and be the church.

Waiting on the Lord can look like setting time aside to not only talk to Him, but also to sit quietly before Him, to read His Word and worship Him.

We also make room for more of God's presence when we honour Him in our actions and attitudes and submit our will to His, and when we choose to accept the love He offers above our feelings of inadequacy that seek to crowd that love out.

This week we encourage you to 'wait upon the Lord', creating space in your schedule for God so that He fills our "space" in order to teach, correct, encourage, and shape us into the image of His Son, Jesus.

Things to think about:

- a. Why do you think Jesus exemplified a life that prioritised time with the Father?
- b. Why can it be difficult in your life to create this space? What will you do differently in 2025 to purposefully make room for God?

# A Home for Him

## *week three* 19-25 Jan

This week's reading (read and meditate on):

- Exodus 40:34-38
- Psalm 27:1-8
- Psalm 147
- 1 Kings 8:14-21
- John 15:1-8

Moses spends almost 15 chapters (Exodus 25-40) describing the tabernacle, God's tent, the place His presence would dwell while His people journeyed through the wilderness. These 15 chapters detail the plans that he received while spending time with God. Creating space in our lives to hear from God is so important. It's in these times we can receive the direction and plans for our lives.

But look what happens next...

*Then the cloud covered the tent of meeting, and the glory of the Lord filled the tabernacle. — Exodus 40:34*

In verse 34 of chapter 40, once everything was done, we can see how God's presence filled the space! It took effort, work and skill to build a space suitable for God to fill. Only after God's people made room for Him — then and only then — did God fill it with His presence.

This is an important reminder for us. We can often struggle to carve out space in our lives to meet with God, yet when we do, God comes and makes His home with us.

Just as the Israelites needed a tabernacle to meet with God, share life in His presence, and discover what it means to become His people, we need a “tabernacle” too. We need space in our lives that is set apart for meeting with God, sharing life with Him, and discovering how to become who God created us to be.

Did you know that God actually *wants* to spend time with you? It's never meant to be a feel like a 'have-to' when it comes to spending time with God. When we begin to realise that God *delights* in being with us and wants to live among us, it makes us long to be with Him more! But He leaves it up to us to create the time and space to be with Him.

Things to think about:

- a. How does knowing the God enjoys spending time with you change how you approach prayer?
- b. Are there areas in your life that you've made your own plans without first spending time with God?



# Go Deeper

## week four 26-31 Jan

This week's reading (read and meditate on):

- James 4:8
- Matthew 4:1-11
- Matthew 6:5-18
- Joel 2:12-32
- Isaiah 58

Drawing near to God is a two-way street. As we draw closer to Him, He draws closer to us.

*“Draw near to God and He will draw near to you.”—  
James 4:8*

Regardless of how long we've been a Christian, there is always more of God to discover and deeper revelations to be gained. Over the last few weeks we've been reorienting our lives, clearing out the things that shouldn't be there, and purposefully making space for God to come and build a Home within us. This week is an opportunity to go deeper with God.

One of the ways we do this is through fasting. When we fast, we can experience a deeper level of intimacy with the Lord.

Fasting, as taught in Matthew 6:16-18, is a powerful means of spiritual cleansing and refocusing. It's a practice that not only clears the path but deepens our connection with God.

Fasting breaks the monotony of the weekly schedule and your focus shifts to the things that matter most. Fasting requires the discipline of extra time and focus on Jesus, His Word and His presence. When you do that, you become a disciple. This discipline can then become a part of your regular life.

If you haven't already fasted this January, we encourage you this week to spend some time in fasting.

It's not about the food. It's not about the recipes and it's not about legalism. It's about fasting for *more* of Him. If we do nothing but abstain from certain foods, we have wasted our time. We must also focus on the Word, on worship and on prayer - this is where the breakthrough comes.

Things to think about:

- a. Why is fasting a part of the Christian-life? What does it help us to do?
- b. What is something you could fast from this week? Why are you choosing this type of fast?
- c. What is an area of your faith you'd like to go deeper in this year? What things will you do to grow?

# Focused Prayer

*Daily focuses to help your prayer life*

There are an infinite number of things we can pray about but to help focus your time of prayer we have 7 key focuses we'll be praying through as a church each week. Pray through these in your own time of prayer or joining a prayer gathering (online or in-person).

**Sunday: The Vision of the House**

**Monday: Discipleship**

**Tuesday: Leaders and Labourers**

**Wednesday: City Reach Impact**

**Thursday: Revival and the nations**

**Friday: The Generations**

**Saturday: The Lost**

# Sunday: The Vision

God has given us a vision: to build a life-giving church that impacts every city, town and village in Scotland and influences the nations.

On Sundays we are praying that the vision would be accomplished, that His transforming presence and glory would be manifest in and through our Sunday services and His Church would be built here in Scotland.

*“... I will build my church and the gates of hell shall not prevail against it.” - Matthew 16:18*

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# Monday: Discipleship

We are praying on Mondays that those in our church would continue and grow in their faith to become mature Christ-followers who impact their world with the gospel.

*“Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good.” - 1 Peter 2:2-3*

# Tuesday: Leaders & Labourers

The Lord is looking for people to partner with Him. Join us on Wednesdays as we pray over Leaders and Team, as well as leaders within our nation.

*“Then He said to them, The harvest truly is great, but the labourers are few; therefore pray the Lord of the harvest to send out labourers into His harvest.” - Luke 10:2*

*“Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.” - 1 Timothy 2:2*

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# Wednesday: City Reach Impact

We are called to be a light in dark places. Join us on Wednesdays as we pray that the light of Jesus would shine brightly across our city through our church and city reach projects.

*“You are the light of the world. . .let your light shine before others so that they may see your good deeds and glorify your Father in Heaven.” - Matthew 5:14-16*

# Thursday: Revival & The Nations

We want to see the fires of Heaven break out across our city, nation and the world. Join us on Thursdays as we pray revival prayers, believing to see phenomenal moves of God take place in Scotland and across the nations.

*“Will you not revive us again, that your people may rejoice in you?” - Psalm 85:6*

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# Friday: The Generations

Our God is a God of generations. Join us on Friday as we pray into the generations; covering our kids, youth and young adults, adults and families in prayer.

*“Let each generation tell its children of your mighty acts; let them proclaim your power” - Psalm 145:4*

# Saturday: The Lost

God's heart is to see people come back into relationship with Him. On Saturdays we invite you to join us in praying for the salvation of people in your family, community, city and beyond.

*"Jesus said to him, Today salvation has come to this house, because this man too is a son of Abraham. For the Son of Man came to seek and to save the lost." - Luke 19:9-10*

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## Your Needs

If there is something you would like prayer for send in your prayer request at **[c7church.com/prayer](https://c7church.com/prayer)** and our team will pray for you, trusting God for your situation.

# Bible Plans

## *Get into the* word of God

One of the best ways we can spend time with God is to spend time in His Word.

This January make sure to set out a Bible Plan that you'll follow in your time with God.

Is there a specific book you'd like to study or a topic you want to go deeper in?

Why not do it together with a friend or your group? There's power in unity, and strength in accountability.

### **A few ideas for your bible study this January:**

The Gospels in 30 Days ([see this YouVersion Plan](#))

The Book of John (1 chapter per day over 21 days)

The Book of Isaiah (Approx 2 chapters per day)

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# Make Room

*Bring worship into your daily life*

God has given us the incredible gift of music and we can use music to help us focus on God and re-centre our attention on Him.

Why not add some of the following songs to a playlist to listen to, worship with or use during your devotional time this January to help you make room for God in your daily life.

## **Worship Songs to help us 'make room'**

Make Room - Community Worship

We Make Space - Melissa Helsler

The Main Thing - Anchored Music

At the Altar - Elevation Rhythm

Center - Bethel Music

The Dove - Kari Jobe

*See more on this YouTube Playlist*

## **Instrumental Music for Devotional Time**

Soaking in His Presence - William Augusto

Rest - UPPERROOM

Holy Reverie - The Finding

*See more on this YouTube Playlist*

# Additional Resource

## *Books and* Devotionals

There are loads of great resources already out there that can help you in your daily walk with God. At times it can be helpful to do a daily devotional. Here are a few we recommend:

### **Devotionals**

Draw the Circle by Mark Batterson (40 Days)  
Awe of God - by John Bevere (42 Days)

Want to learn more about prayer? Here are a few of our recommended books to supplement your studies:

### **Books on Prayer**

Prayer: why our words matter to God by Corey Russell  
The Circle Maker by Mark Batterson  
Prayer: Key to Revival by Yonggi Cho  
Praying Like Monks, Living Like Fools by Tyler Staton  
How to Pray by Pete Greig  
Intercessory Prayer by Dutch Sheets  
The Necessity of Prayer by E.M. Bounds

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# Prayer and Fasting

*Where to start...*

The goal of prayer and fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God our hearts desires to bring into our lives.

According to the Bible, there are three duties of every Christian: give, pray and fast. When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.

Fasting is a discipline. This spiritual practice is a gift from God meant to grow us and draw us into a deepening relationship with Him.

**Links to additional resources**

[7 Steps to Fasting](#)

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# Prayer and Fasting

## *Types of fasting*

### **Complete Fast:**

In this type of fast, you drink only liquids, typically water with optional light juices.

### **Selective Fast:**

This involves removing certain elements from your diet. An example of this is as the '*Daniel Fast*' where you consume only water and juice for fluids and fruits and vegetables for food.

### **Partial Fast:**

This involves abstaining from eating any food during specific times of the day. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

### **Soul Fast:**

This helps refocus certain areas of your life that are out of balance. E.g. you might choose to stop using social media or watching television throughout the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

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**James 4:8**

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