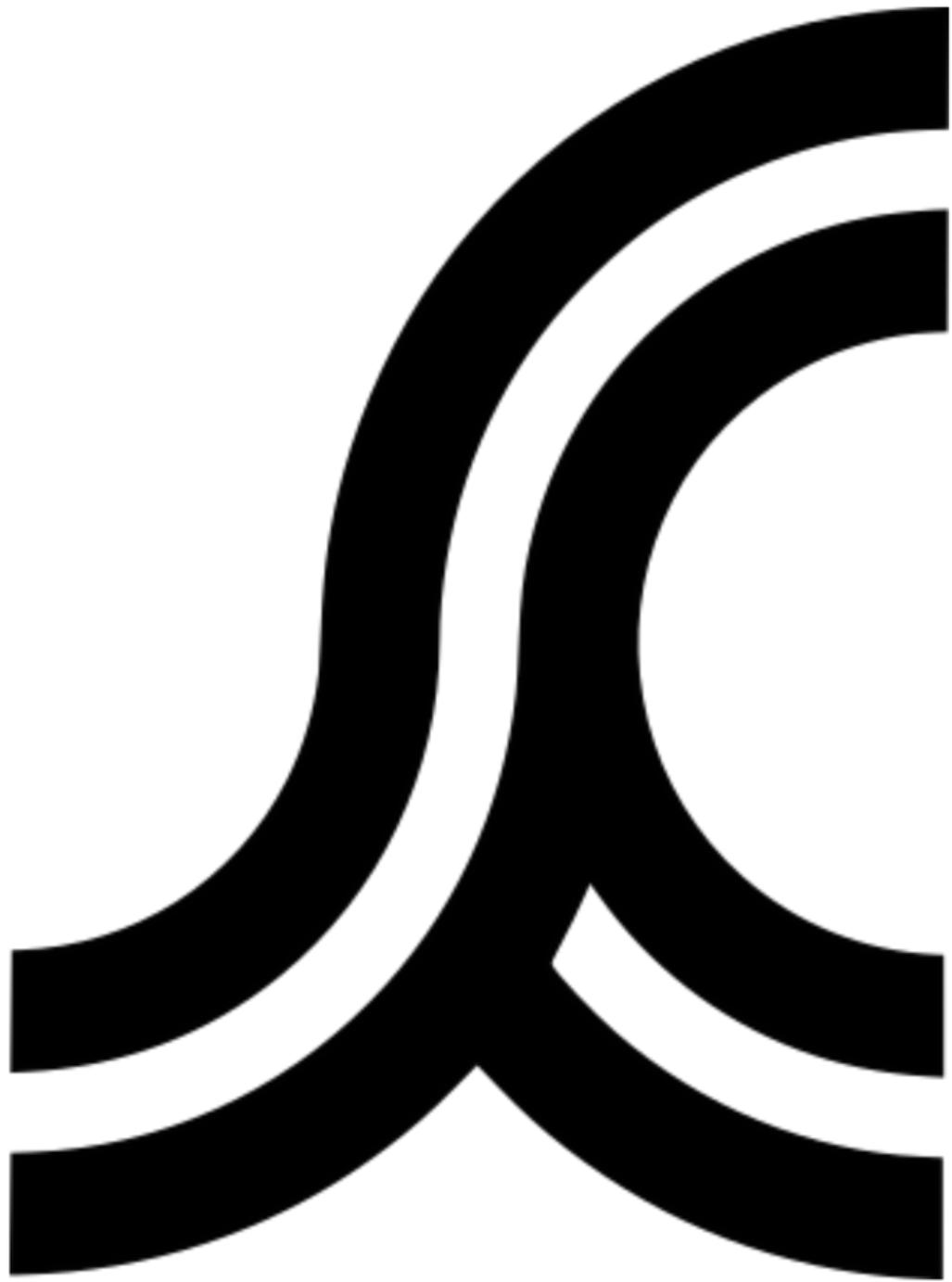


21 DAYS OF PRAYER



AND FASTING-GUIDE

# FASTING

## THE GOAL OF FASTING IS TO DRAW NEAR TO GOD !

It hits the reset button of our soul and renews us from the inside out.

We don't fast to get something from God, but to bring us closer to Him. Through this process, we are creating a spiritual discipline that brings us closer to God. When you give God your first through prayer and fasting at the beginning of the year, you set the course for the entire year.

What you choose to fast should be a sacrifice and present a challenge, but it's more important to seek God in prayer and follow what the Holy Spirit leads you to do.

# TYPES OF FASTS

## Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance.

For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

## Complete Fast

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

## Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

## Partial Fast

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

# WEEK ONE

## THE LORD'S PRAYER

Jesus provided this model as outline to teach us how to pray in a way that connects us to God, aligns our priorities with His, and helps us live dependently on Him. This model takes us through each part of the Lord's Prayer, showing us how to pray the way Jesus instructed.

### Luke 11:1 (Living Bible)

Once when Jesus had been out praying, one of his disciples came to him as he finished and said, “Lord, teach us a prayer to recite just as John taught one to his disciples.”

### Matthew 6:9-13 (Living Bible)

9 “Pray along these lines: ‘Our Father in heaven, we honor your holy name. 10 We ask that your kingdom will come now. May your will be done here on earth, just as it is in heaven. 11 Give us our food again today, as usual, 12 and forgive us our sins, just as we have forgiven those who have sinned against us. 13 Do not bring us into temptation but deliver us from the Evil One Amen.”

# WEEK ONE: DAY 1

## CONNECT WITH GOD RELATIONALLY

### "OUR FATHER IN HEAVEN"

God is not interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves us to call Him our Father.

Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

Reading:

Romans 8:15-17

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His Child.

Prayer:

"Father, I come to You in prayer today thankful that I am your child. I thank you for your forgiveness and adopting you as your own, and am so grateful to call you, my Father. Thank you for loving me, I love you."

# WEEK ONE: DAY 2

## WORSHIP HIS NAME "Hallowed be Your Name"

God loves when we worship Him, and there is power in His name. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well. Here is a list of some of His names to help us worship Him specifically and personally:

- God is Righteousness—He makes us clean.
- God is Sanctifier—He has called us and set us apart.
  - God is Healer—He heals all our diseases.
- God is Banner of Victory—He defeated our enemies.
  - God is Shepherd—He speaks to us and leads us.
  - God is Peace—He is our peace in every storm.
  - God is Provider—He supplies all our needs.

Reading:  
Proverbs 18:10

Prayer:

"God I am in awe of You. Your name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your name is great, and I worship You."

# WEEK ONE: DAY 3

## PRAY HIS AGENDA FIRST

"Your kingdom come; Your will be done on earth as it is in Heaven."

Part of being a child of God is caring about what He cares about and loving who He loves. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first. Spend time focusing on what God is focused on. His priorities include:

- Saving the lost.
- Wisdom and Guidance for those in authority—parental, spiritual, governmental, work-related.
- Caring for poor and marginalized.
- Unity and love.
- Justice.
- Freedom for those in bondage.
- Accomplishing His Purpose in our lives.

Reading:

Luke 12:31

Prayer:

"God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in our world and in my life. (Name the areas of your life where you need more of God's presence today)."

# WEEK ONE: DAY 4

Depend on Him for Everything  
"Give us this day our daily Bread."

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide. Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. Bring them to God and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show surrender to Him. Problems can either be ours or God's; they cannot be both.

Reading:  
Psalm 121:1-2

Prayer:

"Father, I acknowledge that everything I need today will come from you. You made the heavens and earth; you are more than capable of handling any situation I am dealing with, so I give it to you completely."

# WEEK ONE: DAY 5

## Forgive and Be Forgiven

"Forgive us our debts, as we forgive our debtors"

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, we are more prepared to forgive other as well. Ask God to check your heart and life and show you areas where you might need to ask forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

### Reading:

1 John 1:9

### Prayer:

"God, thank you so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. Thank you for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Help me to let go of the things that have offended me and acknowledge when I have offended others."

# WEEK ONE: DAY 6

## Engage in Spiritual Warfare

"And do not lead us into temptation but deliver us from the evil one."

Spiritual warfare can seem difficult to understand, but the Bible makes it truly clear that we have an enemy who is trying to steal from us, kill us and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as the Holy Spirit empower us. There is power in God's Word and every lie the enemy has told us can be replaced with God's truth.

### Reading:

Ephesians 6:12 & James 4:7

### Prayer:

"God, I recognize that my struggles today are not against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me recognize his lies, take them captive, and make all my thoughts obedient to the truth of Your word. While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I do not have to fear the enemy because the one who is in me is greater than the one who is in the world."

# WEEK ONE: DAY 7

Express Faith in God's Ability

"For Yours is the Kingdom and the power and the glory forever"

God is more than able to move in every situation and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do. Remind yourself of God's limitless power and then return to praise Him and declare your faith in Him.

- Yours is the Kingdom—all authority belongs to You.
- Yours is the Power—all mightiness flows from You.
- Yours is the glory—Your victory will be complete.

Reading:

Jeremiah 32:17

Prayer:

"Father God, nothing is too hard for you! Through Your great power all things are possible. All authority is Yours, and I know that Your victory will be complete."

# WEEK TWO

## TABERNACLE PRAYER

The Tabernacle was the dwelling place of God, built to His specifications where He would meet His people. As they entered the Tabernacle, they passed through seven stations, following God's instructions, to experience His presence. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him. This prayer model will take us through each station in the Tabernacle and use the purpose of each station to guide our prayers.

# WEEK TWO: DAY 8

## The Outer Court "Thanksgiving and Praise"

The Israelites entered the Tabernacle with Thanksgiving and praise, and we start our prayer time the same way. Spend some time really thinking about all the blessings in your life for which you are thankful. You can write them down, sing your own praise song, or just spend quiet moments reflecting on your gratitude and praise toward God.

Reading:  
Psalm 100:4

Prayer:

“Father God, You are good, and you deserve all my praise and more. Thank you for the many ways You have blessed me and for watching over me.”

# WEEK TWO: DAY 9

## The Brazen Alter "The Cross of Jesus"

In the Old Testament, everyone had to regularly bring animal sacrifices as payment for their sins. Today, we do not have to do that because Jesus paid for our sins for the last time with His blood on the cross. Thank God for the gift of Jesus. Thank Jesus for His sacrifice and love. Let the power of the cross and what it means for your life really settle in your spirit. In addition to expressing your gratitude, claim the power of transformation and healing that the cross of Jesus has in your life. The cross provides us with five major benefits:

1. Salvation—God forgives all my sins.
2. Healing—God heals all my diseases.
3. Redemption—God rescues me and restores me.
4. Transformation—God changes me into His likeness.
5. Blessing—God provides everything I need.

Reading:  
Psalm 103:2-5

Prayer:

"Thank you, God, for making a way for me through Your Son. Jesus, thank you for the sacrifice You made on the cross. You saved me and set me free."

# WEEK TWO: DAY 10

## The Laver "Cleansing and Preparing"

The next step in the Tabernacle was a bowl of water where people were reminded of their sinfulness and their need to be cleansed and forgiven by God. Checking our hearts and motives and surrendering our lives to God is an important part of daily prayer. Because of what Jesus did on the cross, we can confess our sins to Him and receive complete forgiveness and a fresh start.

Reading:  
Romans 12:1-2

Prayer:

- I give You my tongue to speak good not evil.
- I give You my eyes, to focus on You and the needs of others.
- I give You my ears, to be sensitive to your voice.
- I give You my hands, to do good for others.
- I give You my feet, to walk in Your ways and follow Your footsteps.
- I give You my mind, to be transformed and used by You.

Galatians 5:22-23 (Fruit of the Spirit)

# WEEK TWO: DAY 11

## The Candlestick "The Holy Spirit"

The next piece of the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit and how we are called to be the light in the world's darkness. When Jesus left the earth, Christians were given the gift of the Holy Spirit our "Advocate." We cannot do what God has called us to do without His supernatural power. It is through the Holy Spirit that God, comforts us, and empowers us.

Reading:  
Isaiah 11:2

Prayer:

"Holy Spirit fill me up. I need your presence in my life, guiding, directing, comforting, and counseling me. You are the Spirit of Wisdom, Understanding, Counseling, Might and Knowledge. Teach me and transform me."

# WEEK TWO: DAY 12

## The Table of Shewbread

### "The Word of God"

In the Tabernacle, a table with twelve loaves of bread represented the importance of reading God's Word for daily sustenance. God's Word is an incredible gift and a powerful tool, and it has great relevance and impact on our prayer life.

- Take time to read and think about the Word.
- Claim God's many great promises for your life and the world around you.
- Ask Him for fresh revelation of His Word.
- Ask Him for a word to help you as you go throughout your day.
- Ask Him to show you how to apply His word in the world around you.

### Reading:

Joshua 1:8-9

### Prayer:

"Thank You for Your word. I commit to read it and I ask you to reveal Yourself to me through it. I claim the promise you have for me. Give me fresh revelation from your word today and every day."

# WEEK TWO: DAY 13

## The Alter of Incense "Worship"

A small alter of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelled. The people of God entered God's presence as they worshiped His names. This alter represents worship and the pleasure it gives God when we worship Him. Thank God for making His presence available to you. Praise His names and worship Him personally and specifically for who He is and how He has moved in your life.

### Reading: Proverbs 18:10

### Prayer:

Thank You for Your presence. I worship You. I Know God, that You are:

- My Righteousness—Jeremiah 23:6
  - My Sanctifier—Leviticus 20:7-8
    - My healer—Exodus 15:26
    - My Provider—Genesis 2:14
  - My Banner of Victory—Exodus 17:15
    - My Peace—Judges 6:24
    - My Shepherd—Psalm 23:1

# WEEK TWO: DAY 14

## The Ark of The Covenant "Intercession"

The final place in the Tabernacle was the Holy of Holies, where God's presence dwelled. There, the priest interceded by prayer on the behalf of the people of God. In the same way, we intercede on the behalf of those around us.

Reading:  
1 Timothy 2:1-4

Prayer:

We can make a difference when we spend time praying for others. Pray for those you interact and connect:

- Those in authority—leaders in church, government, family, and workplace.
- Those who are dishonored —the poor, suffering, widows, weak, and suffering injustices.
- Your family—immediate and extended.
- Your Church—pastor, Small group leaders, members, and missionaries.
- Your community—people in your city, nation, world.
- Your relationships—friends, coworkers, acquaintances.
- Your adversaries—those with whom you disagree.

# WEEK THREE

## PRAYING FOR THOSE WHO NEED GOD

God desires everyone to know Him. He says in His Word that He would leave the ninety-and-nine to go after the one who does not know Him. As followers in Christ, we are called to partner with Him in praying for those who do not know Him to come to know Him.

# WEEK THREE: DAY 15

## Ask The Father to Draw Them

God draws people to Him. It is not something we can make happen out of our own efforts, so we need to be faithful in praying that the Father would draw those He is placed on our hearts to Jesus. Think about the people you know who are far from God. Let your hearts be open to God and anyone He may bring to your mind. It may help to print their names as you focus on praying for them.

Reading:  
John 6:44

Prayer:

"Father, I pray for the people around me that you would supernaturally draw their hearts to you. Send your Holy Spirit to them and give them the desire to give their lives to you. Open their ears to hear your voice."

# WEEK THREE: DAY 16

## Bind the spirit that Blinds their Minds

The truth can be right in front of some people, and they still cannot see it because something is in the way, blocking their view of God. We can pray against whatever is in their way so that they can understand something clearly at last of God. We can pray that they would see the truth without any obstacles or distractions interfering.

Reading:  
2 Corinthians 4:4

Prayer:

"Father, bind the evil spirits that are blinding the minds of the people around me. In the name of Jesus, I pray that they would recognize who You are, and give their heart to You. Remove all hindrances the enemy would use to distract them from your truth. Open their eyes, Lord, that they might see Jesus."

# WEEK THREE: DAY 17

Pray that they may have a personal relationship with God.

Many people think Christianity is just another religion. They only see God through the lens of the organization or institution of the church. They may feel even frustrated, angry, or betrayed by people in the churches they have encountered or by religious legalists and their hypocrisy. But God did not come to build an organization. He came to have a relationship with His children. God wants His beloved sons and daughters to come home. Praying for people to have personal encounters with the living God makes a huge difference.

Reading:  
Romans 8:15-17

Prayer:

"Father, I pray that the people will understand how much you love them. Loose the Spirit of adoption for the people around me, so they can come into a meaningful relationship with You. Stir in their hearts a longing to come home, to hear Your voice, and to see You welcoming them with open arms. Let them know You are always running to meet them and hold them close."

# WEEK THREE: DAY 18

Pray for Believers to Cross their Paths.

This is twofold: We can pray for other Christians to influence the people around them positively, and we can also look for opportunities to influence others positively ourselves. God's plan to reach people is work through those who already know and love Him. Jesus asked us to pray for people to go into the world to be the salt and light. He came to bring the good news of the gospel to all people, and His desire is that everyone would know and love Him. As His "spiritual farmers" we should be attuned to opportunities to plant spiritual seeds in the lives of the people we encounter each day. We may have no idea who has already been praying for them and the culminating impact our kind words, compassionate act, or loving attitude can have to draw them to Christ.

Reading:

Matthew 9:38

Prayer:

"Father, I pray for the lost around me to meet believers that will influence them in a positive way. Allow others to see my genuine love and concern for them in all I say and do. Let me be Your hands and feet to serve them and let them know just how much You love them".

# WEEK THREE: DAY 19

Release the Spirit of Wisdom and Revelation to them, so they may know God better.

It is the “eureka” moment that “aha” when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross, and see the hope that comes from giving their life to God. People need wisdom, not just knowledge, of spiritual thing and insight onto how spiritual realities directly impact them. We can pray for this kind of supernatural revelation that only comes from God.

Reading:

Ephesians 1:17

Prayer:

"Father, I pray for the people around me to experience the Spirit of Wisdom and Revelation. I pray that they would utterly understand their spiritual condition and see what Jesus did for them on the cross. Help them to have the information and experience needed to come to You, so they can understand all You have for them".

# WEEK THREE: DAY 20

## The Prayer of Jabez

Reading:

1 Chronicles 4:10

Prayer:

- 1. Blessing:** Jabez begins his prayer by asking God for blessing. We need more of God's blessing to be better equipped to make a difference in His kingdom. Ask God for His blessing. Recognize your need for His provision and set your heart toward wanting more than you need so you can bless others.
- 2. Influence:** Jabez asked for more influence. As God's blessing increase in our lives, we ask for and experience greater opportunity to influence the world around us.
- 3. Presence:** In order to have lasting influence, we need God's presence in our lives. Through His power at work within us, God can do more than we could ever ask or imagine (Ephesians 3:20). As we ask for blessing and influence, we also need to ask for His presence.
- 4. Protection:** Finally, Jabez asked the Lord to Protect him. If we are influencing the world for Jesus, we must understand the enemy will try to stop us. Trust God to protect you. Tell Him specific areas where you feel the need for His protection and ask Him to cover areas that you cannot see yet.

# WEEK THREE: DAY 21

## Personal Prayer Focus

God has put us on the earth at this specific time for a reason. He says in Acts 17:26 that He determined when and where we would live. Knowing this, we can look at those around us at this specific time in history and take personal responsibility to pray.

Reading:  
1 Timothy 2:1-4

Prayer:

Pray for those in authority and those under your authority. Pray for those in your family and your circle of influence (anyone you are connected to).