

21 DAYS
OF
PRAYER & FASTING

A circular logo with the number '21' in a large, orange, cursive font in the center. The words '21 DAYS OF PRAYER & FASTING' are arranged in a circle around the number, with '21' at the top, 'DAYS' at the top right, 'OF' at the right, 'FASTING' at the bottom right, '&' at the bottom, 'PRAYER' at the bottom left, and '21' at the left.

JAN 8 - JAN 29



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The most important moments of our life are preceded by a deliberate decision. The decision that we are asking you to make is to be intentional over the next 21 days in your relationship with God. Most people have a desire in growing closer with the Lord, but many of us have never been taught how. Over the next 21 days we are going to develop this practice together.

Where do I start? For some of us this is our first time to ever spend personal time with the Lord and others have had this habit for years. Regardless we would suggest you start with **establishing your P's**. First, find a **place** that will be your meeting place with the Lord. It can be a kitchen table, an extra bedroom, or even your living room couch. We would encourage you to find a place that allows you to read, write, or pray without a worry of being interrupted. Second, have a **plan** of what you are going to read for the day. Often, people will flip open the bible and start reading. While this isn't wrong, it can make it challenging to understand what is happening and it applies to your life. We are providing a reading and prayer plan for you to help as you begin this habit. Third, find another **person** to do this with. Having someone to talk with about what you are learning or what's challenging you is the difference between consistent and non-consistent. Lastly, start cultivating your **prayer** life. During these 21 days we want to develop a habit of starting and ending our day with prayer. We begin our day with inviting God into it and end our day with thanking Him for all that He has done through it.

What is biblical fasting? Fasting is the practice of putting aside food (or something else) for the purpose of focusing that time and energy on the Lord. One suggestion is to have one or two specific things you are praying and fasting for. This could be a child that is heavy on your heart or a situation that you need specific wisdom for. The goal is to be specific in what you are praying for.

WEEK 1

Putting God **First**

Day 1

Prayer focus: My relationship with God

"But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!)"

EPHESIANS 2:4-5 NLT

Thank God for making a way for you to have a relationship with Him through Jesus.

Read John 1

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that you learned about Jesus today?
- 4) What will you do different today because you read this?

Day 2

Prayer Focus: Ask God for His Forgiveness and accept His amazing grace

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

1 JOHN 1:9

Be specific when you are confessing your sins knowing that Jesus is both forgiving and healing those areas.

Read John 2

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 3

Prayer Focus: Choosing God's way over my own way

"The instructions of the Lord are perfect, reviving the soul. The decrees of the Lord are trustworthy, making wise the simple. The commandments of the Lord are right, bringing joy to the heart. The commands of the Lord are clear, giving insight for living."

PSALMS 19:7-8 NLT

Be specific when you are confessing your sins knowing that Jesus is both forgiving and healing those areas.

Read John 3

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 4

**Prayer Focus: Invite God into your day,
into your life, and into your family**

“Seek the Kingdom of God above all else,
and live righteously, and he will give you
everything you need.”

MATTHEW 6:33

What ways can I seek the Kingdom of God
today? How can I live righteously, knowing
that the Lord will give me everything I need.

Read John 4

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about God today?
- 4) What will I do different today because I read this?

Day 5

Prayer Focus: Loving God first helps me love people.

"Jesus replied, "'You must love the Lord your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.'"

MATTHEW 22:37-39 NLT

Loving God means loving people. When I love God first, it helps me love people.

Read John 5

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about God today?
- 4) What will I do different today because I read this?

Day 6

Prayer Focus: Commit everything you do to the Lord.

“Trust in the Lord and do good. Then you will live safely in the land and prosper. Take delight in the Lord, and he will give you your heart’s desires. Commit everything you do to the Lord. Trust him, and he will help you.”

PSALMS 37:3-5 NLT

Decide today that whatever I say or do, I want to live my life for God’s glory.

Read John 6

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What’s one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 7

Prayer Focus: Carry a heart for God's house

"And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near."

HEBREWS 10:25 NLT

We are the church, and it is so important to make God's house and His people a priority in our lives.

Read John 7

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about God today?
- 4) What will I do different today because I read this?

WEEK 2

Grow in **intimacy** with God

Day 8

Prayer Focus: Prayer is the place we share with God and thank Him

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."

PHILIPPIANS 4:6 NLT

If it's causing you to worry, it's important enough to pray about. God cares. Pray and tell him what is on your heart and thank Him for who He is.

Read John 8

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about God today?
- 4) What will I do different today because I read this?

Day 9

Prayer Focus: God search me and know me

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life."

PSALM 139:23-24 NLT

Invite the Lord into your day. Ask Him to show you areas of offense or anxiety and how to find freedom in that area.

Read John 9

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 10

Prayer Focus: Learn to trust again.

"But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."

ISAIAH 40:31 NLT

Maybe life has been hard? Ask God to show you His perspective. You can always trust God's heart toward you, even when life is hard.

Read John 10

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 11

Prayer Focus: Today I'm letting God use all of me (my time, my talent, and my treasure) for the last and the least.

"For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me....I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!"

MATTHEW 25:35-36;40 NLT

Choose to carry God's heart. Help me to see people through your eyes, and use the ways you designed me to make a difference in someone's life today.

Read John 11

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 12

**Prayer Focus: Help me to be present
with you and not just serve you.**

"Her sister, Mary, sat at the Lord's feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing."

LUKE 10:39-40 NLT

When we serve out of our love for Jesus, it keeps us from feeling like we are "working" for God. When God has our heart - our hands come with it.

Read John 12

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 13

Prayer Focus: Be sensitive to the work of the Holy Spirit within me.

"I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is."

EPHESIANS 3:16-18

Invite the Holy Spirit to teach, remind, convict, and empower you for the work the Lord has for you.

Read John 13

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 14

Prayer Focus: worship the Lord with an honest heart

“But the time is coming—indeed it’s here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way. For God is Spirit, so those who worship him must worship in spirit and in truth.”

JOHN 4:23-24 NLT

Choose to be vulnerable and honest in your personal worship moments with Jesus.

Read John 14

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What’s one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

WEEK 3

Letting Go

Day 15

Prayer Focus: Acknowledge the hurts and wounds in your life. Release them and forgive others.

"Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others."

COLOSSIANS 3:13 NLT

Today take time to acknowledge those who have hurt you and give those wounds to the Lord. Release the pain and forgive them.

Read John 15

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 16

Prayer Focus: Family pain or family gain (your decision)

"Most important of all, continue to show deep love for each other, for love covers a multitude of sins."

1 PETER 4:8 NLT

Today consider all the ways that God has shown love to you as a heavenly father. How can you show love to your family today?

Read John 16

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 17

Prayer Focus: Let go of any addiction in your life.

“So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don’t be greedy, for a greedy person is an idolater, worshiping the things of this world.”

COLOSSIANS 3:5 NLT

What has a hold in your life could keep you from what God has for you. Release the areas that consume your heart.

Read John 17

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What’s one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 18

Prayer Focus: What am I holding on to?

"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne."

HEBREWS 12:1-2 NLT

Read John 18

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 19

Prayer Focus: What has a hold of me?

"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne."

HEBREWS 12:1-2 NLT

Read John 19

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 20

Prayer Focus: Let go of past failures, wounds, and disappointments

"No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us."

PHILIPPIANS 3:13-14 NLT

You cannot change what is in the past, but you can press forward with Christ.

Read John 20

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

Day 21

Prayer Focus: Pray for a sensitivity to your environments (People, places, and things)

“Walk with the wise and become wise; associate with fools and get in trouble.”

PROVERBS 13:12 NLT

Lord, make me aware of relationships, places, habits that draw me away from you. Help me to not chase things that would replace you in my heart.

Read John 21

- 1) What is the word or phrase that really stood out to you? Why?
- 2) What's one question that you have as you were reading this passage?
- 3) What is one thing that I learned about Jesus today?
- 4) What will I do different today because I read this?

At the end of something, it's a good habit to think back to where you started. You are not the same person you were when you started 21 days ago. We want to encourage you to keep this habit in your life - the habit of spending time with Jesus daily. Time in His word, time in His presence, and time with His people. This is going to be a great year!!

