

21 Days of Fasting and Prayer

WELCOME : to 21 Days of Prayer and Fasting, designed to set you up to experience a spiritual breakthrough in 2020

During this time, those participating will be seeking God's heart for our lives, our church, and our world. May this be a season when we see a fresh move of God in our midst, with His power and His glory being made evident to all. Fasting, a spiritual discipline rooted in Scripture, ignites a spiritual hunger for more of God in your life. As you fast, you choose to go without something good in order to focus more intently on something better. You assume a spirit of humility and submission before God, inviting His Holy Spirit to take you deeper in your relationship with Him. When combined with prayer and repentance or other spiritual activities, fasting can position you for tremendous growth!

WHAT YOU NEED :

This guide : an exhortation, a scripture reading, a suggested prayer for every day
Something to record your prayers and inspirations : notebook, pens, tablet, etc.

HOW DOES IT WORK :

Though fasting typically includes going without food—whether all food for the duration or only selected foods or meals—it may involve going without something else instead. For example, you might choose to fast from social media, television, coffee, or anything else that you enjoy. Rather than devoting time and energy to those pursuits, you choose instead to focus on the things of God and experience more of Him. To participate in this 21-day fast, begin by prayerfully selecting the food or activity that you will fast. Determine what lifestyle adjustments you will need to make, then use this journal to guide you through these 21 days. Invite the Holy Spirit to work in your life, making you more and more like Jesus each day.

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WEEK ONE : January 13 - 19

DAY 1 : Monday :

Exhortation : As Christians have done throughout the centuries, choose to use these 21 Days of Prayer and Fasting as a way to seek God's heart and to experience spiritual breakthrough. Through humble prayer, tell God what you will be fasting and identify the area of your life where you most need Him to step in. Write down your most needed breakthroughs and submit them to God.

Lecture : John chapter 1

Prayer:

Father I open my heart to receive what Jesus brought to us through the new covenant, grace and truth. Thank you for your grace that brings healing to us from all hurts received and from all the wrong decisions ever made. May your truth free us from all that would bind us. I pray that your light shines ever brightly through my life this year in 2020. May your kingdom come, your will be done on earth as it is done in heaven.

DAY 2 : Tuesday :

Exhortation : What are you believing God for today? What miracle do you need Him to do in your life? Faith believes that God "CAN" and God "WILL" do it. Faith believes when it cannot see. Faith sees through eyes of the word of God. The word of Truth is greater than fact. Your faith in what God says will be what causes the natural facts to change and produce the miracle in your life.

Lecture : John chapter 2

Prayer:

Father God, I thank you for who you are and what you have done for me through Christ Jesus. I choose right now to believe your word more than my situation is saying in the natural. Your truth is greater than my facts. I believe that with you nothing is impossible. This year I believe and declare that you are the God of miracles. I put my whole trust in you for my life and the decisions that I will be making this year concerning my future. May your kingdom come your will be done in earth as it is done in heaven.

DAY 3 : Wednesday :

Exhortation : As you pass people in your day's routine today pray for those people. Ask the Holy Spirit to direct your prayers and be responsive to His leadings. Seek God's heart and divine insight as you pray. Recognize the deep compassion He has for the people of your community, and invite Him to instill that same heart within you.

Lecture : John chapter 3

Prayer:

Father God, I pray that your love for people be transferred into my heart by your Holy Spirit. Let me see others through your eyes of compassion, love, grace and mercy. Show me what you see, what you hear. And lead me to move as you move. I pray that I may come to the

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place to know and understand the love that lays down its life, it's dreams, its future for others. So that all may hear and know your love. May your presence and will be done in this earth in and through my life. So that your truth shines as a light into the darkness showing the way to salvation.

DAY 4 : Thursday :

Exhortation : As God develops a heart of compassion within you, ask Him to lay 3 specific people on your heart that you can influence for Him this year. Identify ways you can help them encounter God and/or grow in their faith.

Lecture : John chapter 4

Prayer:

Father, today I just want to thank you for all that you have given us. Thank you for life. For air. For breath. Thank you for all of creation. Our home. This planet. Thank you for your grace that upholds all life around us. Today I submit my heart and life to you. As I receive and drink from the fountain of living water on the inside of me I give to others what I have received. In all I do and say today let only your Life your living water flow out of me to others. Have your way in me today, Lord.

DAY 5 : Friday :

Exhortation : What are you worrying about today? God wants you to have and experience His life. In prayer today give your worry and fears over to God and ask Him to fill you with His hope, peace, love and joy.

Lecture : John chapter 5

Prayer:

Father God, I give you my worries and my fears. I place them in your hands. I trust you to take care of me. You are so faithful and true. I ask for your hope, peace, love and joy right now. I pray that I will be filled to overflowing so that it will spill over onto all those around me. That everyone that crosses my path in life today would be touched and know your goodness.

DAY 6 : Saturday :

Exhortation : Today we are going to practice generosity. Choose at least three items in your home that you will give to someone else or donate to charity. Select items that are in **good condition**, not ones that have outlived their usefulness. Give up those items for the benefit of others. By removing the clutter, create more room for God in your life.

Lecture : John chapter 6

Prayer:

Father, I give you my heart, my life, my desires, my ambitions, my everything, today. I offer up my life and future as a living sacrifice. This is my worship. This is my service to you. All that I have and all that I am is yours and all you that you have and are is mine. Thank you for blessing me so that I may be a blessing to others. I pray that you bless what I give today. That

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it would be a blessing for those that receive it. Thank you Lord, for providing my every need. I give you glory and honor this day.

DAY 7 : Sunday :

Exhortation : When the Early Christians fasted, they broke their fast every Sunday in celebration of the day of the week when Jesus rose from the grave. It was a day to feast, not fast. We continue this tradition today. Glorify God and celebrate the fact that Jesus is risen! Enjoy a meal with friends and family, pausing to thank Him for His many blessings

Lecture : John chapter 7

Prayer:

Heavenly Father, I thank you for your Holy Spirit that you have given to me. I am thirsty for your rivers of living water. I pray that they may flow out of my very being to the community around me and to others. What I have is not made for just me alone but others must have it as well. Lead and guide me today to bless others and let LIVING waters flow out of my heart, thoughts, mouth and through my actions.

WEEK 2 : January 20 - 26

DAY 8 : Monday :

Exhortation : Call someone who could use a word of encouragement and speak words of life to him or her. Pray for a fresh sense of God's presence in his or her life.

Lecture : John chapter 8

Prayer:

Father God, today I ask that I would have your heart and your purpose in all that I do. I pray that I would have compassion on those who need compassion and mercy for those who need your mercy. As I read your word today I thank you Spirit of Truth for guiding me into all truth. As I come to know that truth and walk in it. I thank you Lord, that it sets me free. I thank you for freedom from sin and death through Christ Jesus. I declare that I am free from the bondage of sin. I am free to choose life. I am free to serve you Lord, with all my heart, soul and strength.

DAY 9 : Tuesday :

Exhortation : As a child of God you are the light in this world. The light of Jesus lives on the inside of you if you allow it to live there. As you take time to read God's word and pray everyday you are giving life to what's on the inside of you and allowing it to bring the light of Jesus out of you. As long as you are in this world YOU ARE the light in it. Christians are supposed to be shining a light, a beacon in the darkness showing and leading others to that light. Pray for your community today. Pray that the light of Jesus would shine even brighter through you into the darkness.

Lecture : John chapter 9

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Prayer:

Father God, I thank you for the light of Jesus that shines in me when I received your gift of salvation. It shines in my heart, in my thoughts, in my decisions, in my relationship around me, in everything I do. Thank you for that light. I ask that you would show me how that light is supposed to shine in the darkness around. Show me how to shine your light into my community, into my friendships, into any and every area in the society that I am involved in. Use me to shine your light into the lives of those who are seeking you and need you. Give me the right words to say at the right moments.

DAY 10 : Wednesday :

Exhortation : Consider the gifts and abilities God has given you. If you don't know what they are then take a time to seek Him to show you what they are. Then identify at least one practical way you can show God's love by using your gifts and abilities to serve others today. If you don't know what they are then the best way to start is to look for at least one need in your church or in someone's life that you can fulfill or meet by serving faithfully. God will direct us when we start moving by getting involved and serving others.

Lecture : John chapter 10

Prayer:

Lord, I come to you and bring you all that I am. I offer my life, my abilities, my talents up to you to serve your plan and your purpose. Show me what you want me to do. How I can be a blessing to my church and to those around me. You made me. You gave me these gifts and abilities. In honor to you I offer them back up to you and dedicate them for your service and your purpose. Lord, use me to build your kingdom. Here am I Lord, use me today.

DAY 11 : Thursday :

Exhortation : What has God been revealing to you so far through these 21 days? Are there actions, thoughts, or attitudes for which you need to seek forgiveness? Ask God to reveal areas of sin in your life, confess them, and ask Him to forgive you. Then make a plan to avoid those sins and to not allow them any more opportunity to have access into your life. As Jesus said many times, "I don't judge you. Go and sin NO MORE. Like someone once said, "If you don't plan ahead then you automatically plan to fail." Planning is preventing. Also, If you have harmed others, seek reconciliation. We are called to be peacemakers in this world.

Lecture : John chapter 11

Prayer:

Father, I pray that your will be done today, in my life and through me to others. Thank you for revealing to me my purpose, my true identity, my destiny. I thank you for forgiveness of sin, for forgiveness of my sins. And Lord as you have forgiven me I choose now to forgive others. I choose now to forgive those who have wronged me and hurt me.

DAY 12 : Friday :

Exhortation : Do we really believe God is able to do the impossible in our lives? Do we believe he can give life to the dead? What things of God in our lives have died that God needs to bring

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back to life? In prayer ask Him to bring those things back to life for His glory. Then make the dedication in your heart to commit to His plan and purpose for your life.

Lecture : John chapter 12

Prayer:

Father, I am yours and You are mine. I am so thankful of the gift of life that you have given me through Christ Jesus Your son. Teach me your truth today. Show me your ways. Lead me in your paths of righteousness. You are my strength, my hope and my victory. I place my trust in you in every area of my life. You are my life. You are my everything.

DAY 13 : Saturday :

Exhortation : Perform an act of kindness for someone else as an expression of God's love. For example, you could provide free babysitting for a single parent, shovel your neighbour's driveway, pay for someone's gas, or prepare a meal for someone who is lonely, sick, or overwhelmed. With no expectation of reciprocity, selflessly seek to bless another.

Lecture : John chapter 13

Prayer:

Father, teach me to love others as you have loved me by forgiving me of my sin and giving me eternal life through the sacrifice of the Lord Jesus on the cross. Let others see you through my life and actions. I pray that the world may see less of me today and more of you. My life is not my own. I was bought with a price. I am yours today.

DAY 14 : Sunday :

Exhortation : In keeping with tradition, we break our fast every Sunday in celebration of the day of the Resurrection. Spend time in God's presence today, worshipping Him and expressing your adoration for Him.

Lecture : John chapter 14

Prayer:

Father, I thank you for what you have already done in my life these last couple weeks and I thank you for what you are going to be doing in my life for the remaining week. I give you glory and honor for transforming me into your image. I thank you that I am a new creation in Christ Jesus that old things have passed away in my life and now I have a new start in life. I have been reborn with your nature on the inside of me. Help me to live this new life from who I am now in you and not with memories of the past of who I was before. Thank you Lord, for freeing me from my past and giving me a brand new future in you.

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WEEK 3 : January 27 - February 2

DAY 15 : Monday :

Exhortation : The chaos of life can prevent us from hearing from God and experiencing His presence. Set aside your busyness for 30 minutes in order to get alone and spend that time in still silence, meditating upon Him and receiving whatever He wants to reveal to you.

Lecture : John chapter 15

Prayer:

Father, as the prophet Isaiah said I sit still in your presence today. Speak to me your will your truth. I open my heart to receive all that you have for me. Thank you that I am filled with the knowledge of your will for my life and that I know your plan. I am always at the right place, doing the right thing, with the right people and you give me the right words to say. I give you glory in this day.

DAY 16 : Tuesday :

Exhortation : When we pray we lift up God's words to Him and ask according His will for us. We find His will in His word. Use your Bible or search online to identify divine promises in God's word that speak to you and your life circumstances. Start to view your circumstances through the lens of these promises. How does that change your actions and words? One word in God's word is powerful enough to bring that miracle that we need. Lift His word up to Him today and ask your heavenly Father, in Jesus' name for your miracle. So that your joy may be full

Lecture : John chapter 16

Prayer:

Father, I lift up your word today. (Now you continue with what you need and the verses that you took time to find in the Word of God) (Remember to thank Him for the answer at the end and by faith believe it is so in your life) :)

DAY 17 : Wednesday :

Exhortation : Bring glory to Jesus by offering praise for who He is and what He has done in your life. Identify three ways you are different because of the presence of Jesus, then share them with someone else.

Lecture : John chapter 17

Prayer: (Pray for others today. Pray the prayer of Paul for the Ephesians in Ephesians 1:15-23) Father, Thank you for this day. Thank you for giving me life for giving me your life. I love you. And now I lift up others in prayer. (Pray for others today. Pray the prayer of Paul for the Ephesians in Ephesians 1:15-23)

DAY 18 : Thursday :

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Exhortation : God designed us to live in community with one another, encouraging and spurring one another on in our spiritual walks. Pray today for each member of your Group and those who God has placed around you in Christian community.

Lecture : John chapter 18

Prayer:

Father, this year I dedicate my life to you and to your plan. Lead me to be a greater blessing to my church body, to those around me. Work through me to touch the lives of those around me. I give you glory and honor for all you will do this year. This will be a great year for me and my family.

DAY 19 : Friday :

Exhortation : Since being released in 1979, the “Jesus Film” has been translated into more than 1600 languages and viewed by an estimated 3 billion people. Perhaps the most watched movie in history, it is widely used by missionaries to introduce the story of Jesus to people in remote regions around the world. Visit jesusfilm.org or download the JesusFilm app to watch this depiction of the life of Christ, then pray for missionaries who continue to spread His message globally. Ask God to use them to draw people to Himself.

Lecture : John chapter 19

Prayer:

Father, I thank you for Jesus. For sending Him to accomplish your will on this earth and in my life. Thank you for saving me. I pray for those missionaries that I know and I ask that you bless them even more this year. I pray that you give them more open doors to preach your gospel with the lost with the nations of the world. I make the commitment to give more for missions and to pray more for them this year. May your kingdom come your will be done in earth as it is done in heaven.

DAY 20 : Saturday :

Exhortation : Write down your story. Describe what life was like before encountering Jesus, how you came to know Him, and how your life is different now because of Him. See if you can clearly tell your story in two minutes or less. Then pray that God will give you the boldness to seize opportunities to share your story with others.

Lecture : John chapter 20

Prayer:

Father, Give me the opportunity and the boldness to share your story with others. I thank you Holy Spirit that you will give me the right words in the right moment to speak.

DAY 21 : Sunday :

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Exhortation : As you break this 21-day fast, invest 20-30 minutes in reflecting on your experiences. What has Jesus been revealing to you about Himself, yourself, or others? For what experiences are you most grateful? What new step is He now calling you to take? Now is the time! God wants to do more through you and your church this year than He has ever done before. Get ready to follow Him. You will go places you never dreamt you would go. You will do things you never thought you would do. But all the glory will go back to Him. People will be drawn to Him and to the light of the gospel of Christ. You have the answer to the world's problems. In that then really, you ARE the answer to the world's problems. See yourself as God sees you. A man/woman of God created in Christ Jesus to do the works of God. Don't let your past define who you are NOR your future. But let the love of God bring healing to your hearts and do what He tells you to do. Obedience is the ingredient for miracles.

Lecture : John chapter 21

Prayer:

Father, I love you with all my heart, soul, and strength. Thank you for loving me. I commit to do always what you ask me to do. Whether big or small. Whether important or not in my eyes. This year I declare I will live a thankful life everyday. What you say I will obey. I will receive more than I have ever received from your word. I will do more than I have ever done before for your will and glory. Thank you for all that you have done in my life. I am forever grateful to you.