



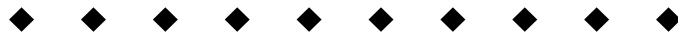
21 DAYS

PRAYER

AND FASTING

STARTING FEBRUARY 2ND

GUIDE



2025

WHAT IS FASTING?

Fasting is *intentionally abstaining* from food for *spiritual purposes*; it is humbling your soul (Psalm 35:13, Matthew 23:12).

Fasting brings you into a deeper, more intimate and powerful relationship with the Lord.

Fasting is an *act of humility* before God to seek His *divine intervention* in the events of our physical world. It brings revelation by the Holy Spirit of our true spiritual condition, leading to brokenness, repentance, and change.

Fasting transforms prayer into a richer, more *personal experience* and draws you closer to God.

HOW TO FAST

DISCREETLY | Matthew 6:17-18 (NLT)

"But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."

WITH FAITH | HEBREWS 11:6 (NLT)

"And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him."

WAYS TO FAST

We want everyone to take part in our 21 Days of Prayer & Fasting. Here are three options of fasting for you to choose from.

1. Daniel's Fast

Nutritional cleansing. This is based on the prophet Daniel in the Bible (Daniel 10:2-3) as he sought wisdom and understanding. The following pages give more details on this fast.

2. Partial Fast

Setting aside a specific time of the day to abstain from eating any type of food makes up a partial fast. For example you can choose from no eating from sunup to sundown or not having a certain meal of the day.

3. Custom Fast

You can customize this fast to your specific lifestyle - get off social media for a while? or avoid eating out? or fast for a specific day of the week? No what you choose, the key to remember is that as you remove something, you replace it with an increased focus on God.



**JESUS REPLIED,
“I AM THE BREAD OF LIFE.
WHOEVER COMES TO ME
WILL NEVER BE HUNGRY
AGAIN. WHOEVER BELIEVES
IN ME WILL NEVER BE
THIRSTY.”-John 6:35 NLT**

DAY 1: SEEK GOD FIRST

As we kick off this 21 Day Bible plan, we are deciding to seek God first in all things! It can be easy to get swept up in our busy schedules, families, jobs, and day-to-day life leaving us feeling like there are never enough hours in the day to accomplish what we need. Matthew 6:33 says, "But seek first His kingdom and His righteousness, and all these things will be given to you as well." When God is FIRST, everything else is FINE! This enables us to fight distraction and find peace, direction, and comfort in His presence standing on His Word. Today, as we seek God first, we are reminded that our approval, direction, and counsel come from Him above all others. When God is our priority, we can approach all other relationships, obligations, and tasks in line with His will for our lives. As we invite God into all areas, we see transformation in Christ!

Application/ Reflection:

- What does it look like to seek God first in your life?
- How can you prioritize your relationship with God during this time of 21 days of prayer and fasting?
- What areas do you need to surrender to God first, to seek His will for your life?

Notes:

Prayer:

God, today I am deciding to put you first. I surrender every distraction that has taken your place in my life. Right now, I remove anything that is in your way and put you in your rightful place. I thank you that as I do this, you are taking care of every detail of my life. I trust you. I surrender my plans to make room for your plans and your will in my life. I love you, have your way. Amen!

Scripture:

Matthew 6:33

"But seek first his kingdom and his righteousness, and all these things will be given to you as well."

2 Chronicles 7:14

"if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

Deuteronomy 4:29

"But if from there you seek the Lord your God, you will find him if you seek him with all your heart and with all your soul."



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DAY 2: WALK IN HUMILITY

Today we are deciding to walk in humility. Humility is defined not as thinking less of yourself but as thinking of yourself less. Humility is taking up your God-given space, nothing more, nothing less. We live in a day and age where it seems counterintuitive to make ourselves smaller. At times, we can become absorbed with our achievements, dreams, desires, and worries. We may feel that we need to promote ourselves to stay relevant, receive credit, or even reach our purpose. The Bible instructs us as followers of Christ, to remain humble and submitted. We are empowered through the Holy Spirit to become self-aware in our actions and fight against the temptation to walk in pride. Jesus modeled what it looked like to walk in humility by the way He lived His life and served others in grace and truth. If anyone had an excuse to be prideful it was Jesus. He was God! The Bible says in Philippians 2:6, "Though he was God, he did not think of equality with God as something to cling to." The next time you feel yourself getting consumed by your needs or desires, remember to remain humble by magnifying God and putting Him in His rightful place. We surrender by trusting His ways are higher, in turn, we find peace and freedom.

Application/ Reflection:

- What is an area you have a tendency to be prideful in?
- How does walking in humility magnify God in your life?
- What is one thing you can do today, to submit to God by walking in humility?

Notes:

Prayer:

Lord, I thank you for reminding me that you are always in control. I thank you, that I can remain open-handed with my worries and my wants, trusting your will for my life. I repent for the ways I have walked in pride. I repent for times when I have been self-centered and missed the mark. I pray that as I humble myself today, you show me grace and favor. I thank you for the relationship I have with you. I pray that as I submit, your presence and power in my life are magnified. Amen.

Scripture

Philippians 2:5-8

“In your relationships with one another, have the same mindset as Christ Jesus. Who, being in very nature God, did not consider equality with God something to be used to his own advantage, rather he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!”

Micah 6:8

“He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”

James 4:6

“But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.”

1 Peter 5:5-6

“In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because “God opposes the proud but shows favor to the humble. Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time.”

Psalms 138:6

“Though the Lord is exalted, he looks kindly on the lowly; though lofty, he sees them from afar.”

DAY 3: PURIFY MY HEART & MOTIVES

Transformation in Christ occurs as our hearts and motives are purified!

Sometimes we can believe the lie that we need to fix all of our issues and perfect our hearts and motives before we come to God. There may have been times where we let shame get in the way of building a relationship with God. The truth is, as we draw near to God, we are able to bring Him all of our brokenness and humanity. We will always fall short of perfection and that is why we need Jesus, to save and renew our lives. It's about progression and not perfection! God blesses who you are, not who you pretend to be. He desires a relationship with us! As we lean into a relationship with God, He will transform us through His love, leading us to repentance and restoration. We repent for times when we missed the mark in the way we think, speak, and love in our lives, accepting forgiveness and correction from the Lord. Today, ask yourself, "what areas in my heart and motives can I surrender to the Lord, to purify and make me into His likeness?" Imagine how our lives and the lives of those around us can be transformed through this time, as we allow God to have His way in our hearts and minds!

Application/ Reflection:

- How is God speaking to you about your heart posture and motives today?
- What areas have you tried to fix on your own before submitting them to God?
- What would it look like to be transformed during this time of prayer and fasting to be more like Christ?

Notes:

Prayer:

Lord, I thank you for your grace and mercy. I thank you for your goodness and love that is for me and will never leave me. I pray that you illuminate areas in my heart and motives where I am operating out of impurity. I repent for thoughts and actions that have missed the mark. I pray for your guidance and wisdom. Speak to me today! Renew my heart, restore my motives, and transform me for your glory. Amen.

Scripture

Psalm 51:10

“Create in me a pure heart, O God, and renew a steadfast spirit within me.”

Proverbs 16:2

“All a person’s ways seem pure to them, but motives are weighed by the Lord.”

Psalm 119:9

“How can a young person stay on the path of purity? By living according to your word.”

Philippians 2:3

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,”



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DAY 4: TAME MY TONGUE

Words are powerful. As we begin to think about today's topic: tame my tongue, we are reminded of our humanity. We all fall short of the glory of God and all have areas in our lives and language that need to be refined. Our words have the power to dictate many things in our lives. God spoke the world into existence! Words have the power to re-present who we are through our conversations and shift the atmosphere. Proverbs 18:21 teaches us that when our words are unsubmitted to God, our words can breed death. In James chapter 3, we learn that we move in the direction we speak. In this chapter, we also see that no man alone can tame the tongue. When we accept Jesus into our hearts, the Holy Spirit lives within us and we are sanctified. We all need the supernatural power of the Holy Spirit to help us progress in our hearts so that our words are reflective of the love of God. Love, kindness, and self-control are fruits of the Spirit that empower us to walk in wisdom and discernment. As you continue to pray and fast on today's topic, ask yourself, "is my speech edifying and bringing glory to God?" Imagine the impact you can have to re-present God for transformation in Christ by allowing the Holy Spirit to dictate your speech.

Application/ Reflection:

- What is God speaking to you about taming your tongue?
- What does it look like to invite the Holy Spirit into your language?
- How can you re-present God to those around you through your speech?

Notes:

Prayer:

Lord, I surrender my heart, mind, and mouth to you today. I repent for times when I fell short in the ways I have spoken. I ask and receive your forgiveness and grace to turn away from my sin. I pray that you would increase my awareness of the power in my words. I pray for wisdom to steward my speech in a way that is pleasing to you. Holy Spirit, I need you. I pray that I speak life and encouragement today. I will declare words of love and kindness to encourage and edify myself and those around me. I love you. Amen.

Scripture

Psalm 39:1-2

“I said, “I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth while in the presence of the wicked.” So, I remained utterly silent, not even saying anything good. But my anguish increased.

Ephesians 4:29

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

Proverbs 17:28

“Even fools are thought wise if they keep silent and discerning if they hold their tongues.”

Proverbs 18:21

“The tongue has the power of life and death, and those who love it will eat its fruit.”

James 3:7-8

“All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison.”

DAY 5: TRANSFORM MY MIND

Our minds are transformed as we surrender our lives to God and mature in our faith. We all experience thoughts, situations, and events throughout our lives that challenge and stretch us. As we walk out our faith, our minds are constantly bombarded by thoughts, lies, and worries that come against the truth of God. Our experiences and feelings have the power to shape patterns and behaviors as we respond and react to our environments. The Bible says, we have authority in Christ over our present circumstances. We have the authority to react in agreement with the Holy Spirit. As we intentionally discern truth from lies and redirect our thoughts to what God has to say about us, we are transformed. It takes intentional prayer, but the Holy Spirit is always with us to help us in our thoughts. As we yield to the Holy Spirit and embrace the process of God's transforming love, we pursue progression and not perfection. As you continue to walk in your God given authority your minds and emotions are renewed. As we mature in our relationship with Christ, we declare the promises of God over our lives and we are transformed!

Application/ Reflection:

- What areas of your mind, thoughts, and emotions require fresh surrender to God?
- What is God speaking to you about transforming your mind?

Notes:

Prayer:

Lord, I thank you that you invite me, daily, to a fresh surrender to you. I praise your name, that your ways are not my ways and that you are higher than all of my thoughts, emotions, and circumstances. I invite you into my heart and mind today. I pray you change me, renew me, and transform my mind. Amen!

Scripture

Romans 12:2

“Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

2 Corinthians 10:5

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

Philippians 4:8

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Romans 8:6

“The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”



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DAY 6: TEACH ME TO LOVE

We never stop learning how to receive and extend God's love. Sometimes, the commandments to "Love the Lord your God with all your heart and with all your soul and with all your mind" or "Love your neighbor as yourself" can sound routine to us. We can quote this verse without understanding the gravity and implications of inwardly understanding and outwardly demonstrating this commandment. The Bible teaches that God is love and that as followers of Christ, we will be recognized by the way we love one another. We are only able to extend the amount of love that we are able to receive from God. God is the source of love and light in the world. Since God is love, we are called to be with love and to become love. The depths of God's goodness and love is impossible for us to fully comprehend. God loves us so much that He sent His one, and only, Son to die on a cross to save us. As we have a relationship with God we experience his love for us. Out of this overflow we are able to share God's love with the lost and found people in this world. Imagine the impact on the lives of others we can have by growing in our understanding and ability to receive and extend God's love.

Application/ Reflection:

- Do you see and treat others through a lens of God's love?
- In what ways do you need to recognize God's love for you?
- How can you extend God's unconditional love to the people around you?

Notes:

Prayer:

God, I come to you today asking for a fresh understanding of your love. I thank you for your extravagant love which you demonstrated by sending your Son to die for me to forgive my sins. I pray to experience your love in a tangible way, transforming me to become more like you. Show me how I can better love myself and love those around me. I pray to be a vessel, quick to obey, and show your love to the world! Change the way I love, renew the way I love, transform the way I love. Amen!

Scripture

1 John 4:7-10

“Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.”

John 13:35

“By this everyone will know that you are my disciples, if you love one another.”

1 Corinthians 13:4-8

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

John 3:16

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

DAY 7: SPIRITUAL DISCERNMENT

Through intentional prayer and fasting, we partner with God to develop and sharpen our spiritual discernment. We live in a time where internet accessibility is at an all-time high. It is easy to rely on the ample amount of information that is seemingly at our fingertips. Knowledge, information, and other experiences can be helpful when it comes to learning, creating our own opinions, and making decisions. However, it can be tempting to rely only on what we can see or hear in the natural and negate the spiritual aspect. God teaches us that we are to seek, understand, and rely on the Spirit of God. This allows us to grow in our spiritual discernment to help us understand right from wrong, truth from lies, and spiritual factors that affect our lives. God is the source of all wisdom and knowledge. It is crucial for us to meditate on scripture and spend intentional time to get familiar with His voice. Today, as we acknowledge God as the ultimate source of wisdom, truth, and light we pray that spiritual discernment increases.

Application/ Reflection:

- Where do you need an increase of spiritual discernment in your life?
- How can you sharpen your discernment during this time of prayer and fasting?
- How can you impact your sphere of influence through your spiritual discernment?

Notes:

Prayer:

Lord, you are the source of all wisdom and truth. I thank you for your Word which I can stand on as I face the situations that surround me. I thank you that in this time of prayer and fasting, I am drawing near to you to lean not on my own understanding but relying on your ways and your will. I ask that you sharpen my discernment, that you mature me in my faith and my understanding of the Holy Spirit. I pray that as I rely on you, you transform my heart, thoughts, and the lives of those around me for your glory. Amen!

Scripture

1 Corinthians 2:14

“The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit.”

1 Kings 3:9

“So give your servant a discerning heart to govern your people and to distinguish between right and wrong. For who is able to govern this great people of yours?”

Romans 12:2

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”



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DAY 8: WISDOM FOR SENIOR PASTOR, STAFF, LEADERSHIP, PARTNERS & OUR COMMUNITY

When we ask for wisdom, God listens! Day to day, we face so many challenges and questions; decisions that we must make. Some choices are small, and others have a significant impact on our lives and others around us. We all operate out of free will to make decisions based on many factors that can influence our choices. However, we imagine there have been times in your life, where you either did not have the understanding, information, or insight to make the best decisions. The Bible says that when we ask for wisdom, God responds generously, without reproach. The Holy Spirit is our helper and advantage, giving us insight and guidance in our daily choices and interactions. Today, we ask the Lord for wisdom. We believe there is power in prayer and power in linking our faith to cover our Senior Pastor, Staff, Leadership, Partners, and our community. We sit in expectancy for how God will generously respond to these prayers giving us wisdom and direction!

Application/ Reflection:

- How have you seen God answer your prayers as you have sought wisdom in your life?
- What decisions are you facing that you need wisdom from God?
- How can you intentionally be praying for your local Church and others around you?

Notes:

Prayer:

Lord, I thank you that you are a God who listens and responds generously to my prayers. I ask for wisdom. I pray that as I intercede today for Pastors, Staff, Partners, and our community that you respond quickly and speak to those who need to hear your voice. I pray that as you speak, I will respond in obedience to your voice above all else. Holy Spirit, I thank you that you are my helper and you will guide me when I do not know what to do. I invite you into my heart and my decisions today. You are welcome here, have your way. Amen.

Scripture

James 1:5

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Proverbs 2:6-7

"For the Lord gives wisdom; from his mouth come knowledge and understanding. He holds success in store for the upright, he is a shield to those whose walk is blameless,"

Proverbs 16:16

"How much better to get wisdom than gold, to get insight rather than silver!"

Proverbs 19:8

"The one who gets wisdom loves life; the one who cherishes understanding will soon prosper."



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DAY 9: DIVINE DIRECTION

As we seek divine direction, God will direct our steps. At times, we may have all relied on directions or maps to guide and lead our paths to a new destination. We can have a destination in mind, but without direction to reach our destination we can feel lost. When we choose to acknowledge God in all of our ways by seeking His will, He will provide direction. The Bible says we can trust the Lord to give us vision for our destination. He will also lead our steps with divine direction! As you find yourself seeking divine direction today, spend time in the Word of God. The Word is God breathed, so knowing the Word is knowing God's voice. The more familiar we are with God's voice, the more clarity we have regarding the direction we should go! As we spend time in scripture, we acknowledge that God's ways are higher and that His plans are good. Although we may have a plan to reach our destination, ultimately God is faithful in directing our path! As we hear from Him, we submit and respond with obedient steps.

Application/ Reflection:

- Where do you need divine direction and guidance today?
- How do you hear from God?
- How can you incorporate prayer and intentional time with God into your day to cultivate a lifestyle of relying on God for direction in your life?

Notes:

Prayer:

God, I thank you for your divine direction that is available to me. I acknowledge you as the Lord of my life. Today, I will submit my directions to you. I repent for times when I have pursued my ways over your ways. I pray that you speak to me today. Show me the way to go and guide my steps. I pray that as you reveal the path ahead of me, that I hear your voice and am quick to obey you. I thank you, for who you are. You are a good father who helps me as I walk in faith. Give me divine direction so I will reach your divine destination for my life. Lead me, guide me, and direct me as I pursue you. Amen!

Scripture

Proverbs 3:5-6

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

Psalms 32:8

“I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.”

John 16:13

“But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.”

Ezra 8:21

“There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions.”

DAY 10: GOD'S STEWARDSHIP & PROVISION

God operates out of abundance! At times, it is easy to fall into fear or worry about the resources and provision we need in our lives. We all have dreams or desires and very real needs that we are believing in God to provide for. We have to fight against the temptation to see the world through a lens of scarcity and instead lean into the promises of God. God is our provider; He is all-powerful and generous! The Bible says that God will provide for all of our needs, and He has unlimited resources, in fact, He is THE source. God loves you, cares for you, and has plans for your future. Ask God to help you to discern between your "needs" and "wants". Trust that God's timing is perfect and rest easy that there is nothing too big or too small for God. By divorcing the lack mindset we remove the cap we have placed on God. Maybe the cap looks like limiting how or when we think God can move, and provide in our lives. Today, we chose to press into knowing and trusting in God's abundance. We ask Him to change our circumstances, provide for us, and help us steward well over what we are given.

Application/ Reflection:

- In what ways have you capped God in your life?
- How can you combat lies that you have believed regarding God's stewardship and provision over your life?
- What is God speaking to you about His stewardship and provision?

Notes:

Prayer:

Lord, I pray that as I read your Word you will help me understand your abundance and provision for my life. I pray that you will reveal to me the promises that you have for my life. I pray that as I wait for your perfect timing for my needs and desires, that I will grow in relationship with you. Forgive me for putting a cap on what you could do in my life. I trust that you are my provider, you are all powerful, and you are a generous Father. You are worthy of all the glory and honor in my life! Thank you for your stewardship and provision. Amen.

Scripture

Philippians 4:19

“And my God will meet all your needs according to the riches of his glory in Christ Jesus.”

Matthew 6:25-26

“Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

2 Corinthians 9:8

“And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.”



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DAY 11: BEING WILLING & OBEDIENT

We have the opportunity to express our love for God through our obedience. In our lives, we have all had times where we may prefer to do things our way opposed to the preferences of others. When we are willing to prioritize the desires of a parent, friend, or loved one over our own desires we display our love for them. Dying to our preferences in exchange for the plans God has for us demonstrates our trust and love for Him. In John 14:21, Jesus says, "the one who loves Me is the one who has My teaching and obeys it." When we walk in relationship with Jesus, we follow His voice out of reverence for His authority in our lives instead of religious duty. We are willing participants in expressing our love through our joyful submission to God's ways. As we focus on our relationship with God, we honor God by submitting our fleshly desires in favor of His holy desires. When we accept Christ, we have access to the Holy Spirit to help us as we work to put aside our preferences for God's perfect preference and express our love for Him through our willingness and obedience.

Application/ Reflection:

- How can you demonstrate your love for God through your willingness and obedience today?
- What is God speaking to you about your willingness and obedience?
- In what areas of your life is it difficult for you to be willing and obedient to what God has spoken?

Notes:

Prayer:

Lord, thank you that you are all knowing and that you have my best interests in mind. I put aside my preferences, my flesh, and my desires in exchange for your ways. I pray that I am able to express my love to you by aligning my heart, mind, and actions with your Word and your will for me. I repent for situations where I have been unwilling and disobedient to you. Holy Spirit, I pray you empower me to obey swiftly and joyfully. I submit and I commit my life to you. Change me, renew me, transform me, in your name. Amen!

Scripture

Isaiah 1:19

"If you are willing and obedient, you will eat the good things of the land;"

Jeremiah 7:23

"but I gave them this command: Obey me, and I will be your God and you will be my people. Walk in obedience to all I command you, that it may go well with you."

John 14:21

"Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them."



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DAY 12: GODLY PROTECTION

Safety and security are found in Jesus. We all need protection, and we all wrestle with the human need for safety and security. For some of us, we need security in our identities, callings, or relationships. For others of us, we may need safety and protection physically, in our health, or in our finances. The truth is, we all need covering and we all have access to the protection and security of God. We live in a fallen and broken world and at times, we see and experience suffering that is beyond our understanding. We can rest assured in knowing that despite our circumstances we have safe harbor in the arms of our loving Father, through our relationship with Jesus. Today, we stand on the promises of God. He will uphold us, bring us comfort and peace, and there is nothing that can separate us from His love. We come together, praying for His protection and safety that we find in Jesus. Regardless of the trials we may face, we never face them alone. Next time you find yourself tempted to worry about your situation, find encouragement in the Word of God. Imagine the confidence that we can walk in as we embrace safety and security found in the Lord's ultimate victory and protection over our lives.

Application/ Reflection:

- Where do you need to remind yourself of the Lord's ultimate protection in your life?
- Where do you tend to seek protection and security, that is secondary to God?
- How can you encourage others of the protection of God in their situations?

Notes:

Prayer:

God, I love you. I thank you for your unconditional love and protection. I pray that as I encounter trials and tribulations in this world I never forget that you have the ultimate authority and victory in my life. I thank you that I am promised eternal life through your Son, Jesus Christ. Although I may experience things that I do not understand, I thank you that you are a good Father. I pray that you are at work as I seek your Word and your promises to declare life, victory, and protection over my circumstances. I surrender my fears for your peace today. Amen.

Scripture

Psalm 91:1-2

"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

Proverbs 18:10

"The name of the Lord is a fortified tower; the righteous run to it and are safe."

Psalm 32:7

"You are my hiding place; you will protect me from trouble and surround me with songs of deliverance."



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DAY 13: FAVOR IN MY LIFE

Favor is found through the righteousness of Jesus. We all have found ourselves at one point, admiring a trait in someone else that we desire to see in ourselves. Righteousness is a defining trait that we find in Jesus and that we can observe through the way Jesus lived His life. As we read the gospels we see that Jesus lived a perfect life. Although we are far from perfect, we can inherit the trait of Jesus's righteousness through a relationship with Him. We are promised that when we receive salvation through accepting Jesus as our Lord and Savior, we inherit his perfect righteousness. We are set free from our sin, to inherit eternal life. In our positional righteousness through being in relationship with Jesus we have access to God's favor in our lives. Today, we not only pray for favor with God, we pray for favor with man. Sometimes we need to remind ourselves of the favor we have already experienced to stay expectant of favor for the future. Imagine the impact in the world around you to leave a legacy that is glorifying God through your influence and favor with God and Man.

Application/ Reflection:

- How have you seen God's favor in your life?
- What is God speaking to you about how to steward your favor and influence for His glory?
- In what areas are you expecting favor with God and man?

Notes:

Prayer:

Lord, I am so grateful for the gift of salvation and righteousness given to me through your Son, Jesus. I acknowledge your goodness that although I have fallen short, you call me righteous and choose to show me your favor and blessings. I pray that I steward over your favor and blessings well. I pray, I listen closely to your instructions and live a life that is reflective of your love and righteousness. I ask for your blessing and favor to equip me to do what you have called me to. I pray that as I walk in your favor, I influence others to seek your face for transformation in Christ. Amen.

Scripture

Psalm 5:12

"Surely, Lord, you bless the righteous; you surround them with your favor as with a shield."

Psalm 30:5

"For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning."

Proverbs 8:35

"For those who find me find life and receive favor from the Lord."



21 Day Prayer & Fasting

DAY 14: UNITY IN THE CHURCH AND THE WORLD

We are stronger together! We may have experienced situations in our lives that seemed impossible to conquer on our own but found strength, encouragement, and success with the help of others. Today we intentionally pray for unity in the Church and in the world. God created you specifically, and as we embrace our identities and confidence in Christ, we can call out the gold in others. The Bible is clear that where there is unity there is a commanded blessing. We are more effective and powerful as we come together on one accord. Although your perspectives and backgrounds may be different, you can learn and grow from one another to find strength, accountability, love, and courage to run the race set before you. We pray for unity within the Body of Christ and the world to build each other up pursuing the things of God, because we belong together.

Application/ Reflection:

- How is God calling you to pursue unity in the Church and in your relationships?
- How can you lay down your preferences in pursuit of unity?
- What do you need from the people around you to be stronger together?

Notes:

Prayer:

God, I thank you for unity in my life. I pray against any division within my relationships and in the Body of Christ. I repent for times when I have been at fault in creating division among my family, friends, and the community that you have called me to. Today, I am deciding that I will fight against division. I will seek unity in all that I do. Amen!

Scripture

1 Corinthians 1:10

"I appeal to you, brothers and sisters,^[a] in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought."

Colossians 3:13-14

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity."

Psalms 133:1

"How good and pleasant it is when God's people live together in unity!"



21 Day Prayer & Fasting

DAY 15: THE WORD OF GOD

The Word of God is a solid foundation that we can trust in! It is a common experience to unknowingly put our trust in someone or something that has let us down. It can be tempting to put up walls, lose trust in others, or even in God, as we experience and process disappointment. We can fight this temptation by standing firm in knowing we can trust the Word of God. The Word of God is alive, active and sharper than any double-edged sword. As we read the Bible we are refined in our hearts and minds through the Holy Spirit. In 1 Peter 1:25 the Bible says, “the Word of the Lord remains forever.” Though we may experience disappointment, the Word of God stands outside time and is a source of truth we can stand on. Inspired by God, the Bible can speak to our current situations while giving us context and understanding about the nature and character of God. As we lean into the Word of God today, let us remember that we can trust the promises of God found in the Bible. We entrust the Holy Spirit to guide us as we pursue a deeper knowledge and revelation of how to apply God's Word to our daily situations.

Application/ Reflection:

- What is God speaking to you about the power and authority of His Word?
- How can you encourage those around you to utilize the Word of God?
- What does it look like to prioritize spending time reading the Word of God in your daily life?

Notes:

Prayer:

Lord, I thank you for your Word. I thank you for the tangible hope I find in the Word of God that speaks to me and is relevant to my current circumstance. Forgive me for not prioritizing your Word as I should. I thank you for your sharpening, that when I might lose sight of your goodness or promises, I am reminded of who you are by reading your Word. I pray that today I build my trust and confidence in you through standing on your promises. Amen.

Scripture

Psalm 119:105

"Your word is a lamp for my feet, a light on my path."

Hebrews 4:12

"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

Isaiah 52:11

"Depart, depart, go out from there! Touch no unclean thing! Come out from it and be pure, you who carry the articles of the Lord's house."



21 Day Prayer & Fasting

DAY 16: CLEAR VISION

There is value in vision. At times, we can lose sight of where we are going and find ourselves outside of our original intentions or plans. Have you ever packed for a vacation, only to get to your destination and realize you do not have the exact items you needed? This is a representation of the importance of vision in our faith walk. You have to see it before you see it! We receive vision through prayer and spending time with God in His presence and His Word. The Bible instructs us to write down the vision and make it plain! In fact, it says, where there is no vision the people perish! We allow God to refine our vision, and align our desires with the Word, and God's will for our lives. It takes faith to trust what God has spoken to us to move forward in obedience and carry the vision God has instructed for our lives. When God speaks to you and gives you a vision for your life, write it down. Speak it out! Our vision is void if we are not listening to God and allowing Him to refine our vision. Once you have clear vision from God, you can clearly move forward in pursuit of the things He has spoken.

Application/ Reflection:

- What is God speaking to you about vision in this season?
- How do you personally hear from God?
- Write down the vision God is giving you this year.

Notes:

Prayer:

Lord, thank you for the clear vision that you have for my life. I pray that today, you speak clearly to me and I hear and understand the vision that you have for me. I pray that as I move forward in obedience to the things you have called me to, I remember your presence is with me wherever I go. Holy Spirit, lead me and guide me. As I write down my vision, I pray that you refine my imagination, and align my vision with your will for my life. I pray that as I prepare in faith, and see it before I see it, your favor meets my preparation and that it is pleasing to you. Amen.

Scripture

Habakkuk 2:2-3

“Then the Lord replied: “Write down the vision and make it plain on tablets so that a herald may run with it. For the vision awaits an appointed time; it speaks of the end and will not prove false. Though it linger, wait for it; it will certainly come and will not delay.”

Matthew 13:16-17

“But blessed are your eyes because they see, and your ears because they hear. For truly I tell you, many prophets and righteous people longed to see what you see but did not see it, and to hear what you hear but did not hear it.”

Proverbs 29:18

“Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom’s instruction.”



21 Day Prayer & Fasting

DAY 17: FAITH IN GOD, FAITH IN PEOPLE & FAITH FOR MIRACLES

Faith is the standard in our relationship with Jesus! We all have put our hope or trust in something, but where we put our faith matters most. When we put our faith in Jesus, we partner with God in believing what we cannot see. The Bible defines faith in Hebrews 11:1 as "being sure of what we cannot see." When we accept Jesus as our Lord and Savior, we do so on faith! We trust in the Word of God, and are filled with the Holy Spirit. Faith becomes the standard of knowing God and seeing Him transform our hearts and lives. We not only have faith in our salvation, but we have faith that God is all-powerful and above all things in our lives. We don't want to just have faith, we want to have crazy faith! Every day is a fresh opportunity to experience God's faithfulness. Today, we are praying for faith in ALL things. It's only crazy, until it happens!

Application/ Reflection:

- How has God been faithful in your life?
- What areas of your life do you need God to give you Crazy Faith in?
- How can you impact someone else's life through your faith in God, faith in people, and faith for miracles?

Notes:

Prayer:

Lord, I thank you for your Son, Jesus. Thank you that, through faith, I am saved. Through our relationship, I can have faith and hope for the future, for things that I do not yet see, in all areas of my life. I repent for times where I have confined my understanding of your power or ability to transform my life. I pray that you remind me of your faithfulness and goodness in all things. I pray that you expand my comprehension of your power. Thank you that you are all-knowing and sovereign and you reign above everything in my life. I pray that as I encounter others today, I can encourage and uplift them through my faith in you. I love you. Amen.

Scripture

Hebrews 11:1

"Now faith is confidence in what we hope for and assurance about what we do not see."

Romans 10:17

"Consequently, faith comes from hearing the message, and the message is heard through the word about Christ."



21 Day Prayer & Fasting

DAY 18: SPIRITUAL HUNGER

As we grow in our relationship with God we hunger for more of His presence in our lives. When we think of hunger it is easy to think of food. The truth is we all have desires and necessities in this life. Yes, we have physical hunger but also emotional, intellectual, and spiritual hunger. As Jesus walked the earth, he often described Himself as the "bread of life" telling His people that, "whoever comes to me will never go hungry, and whoever believes in me will never be thirsty". Jesus meets all of our needs. As with any relationship, our relationship with Jesus is a choice, and the desire to pursue a relationship is intentional. With the help of prayer and the Holy Spirit, we progress in our relationship with Jesus by finding our satisfaction in Him. We do not grow stagnant in our relationship as there is always more of God to know, to love, and to experience. When we are content, we are in a dangerous place. It can be tempting when we are satisfied with our relationship with Jesus, to believe the lie that we do not need more of His presence in our lives. By continuing to hunger after more of the Lord we build our relationship with Jesus and choose to pursue life with Him day after day.

Application/ Reflection:

- What is one practical step you can take to increase your spiritual hunger for the Lord?
- What has God taught you about spiritual hunger?
- How can walking in a Godly community help cultivate and grow your spiritual hunger?

Notes:

Prayer:

Lord, I need you. Help me never forget that all my needs are satisfied by you and you alone. I repent for times when I sought fulfillment outside of you. I pray that today, you stir a new desire and hunger for you. A new hunger for purity, love, patience, generosity, and service. Today, I chose to invest in this relationship to grow with you and to learn more about your goodness and faithfulness. God, I pray to experience more of you. Amen!

Scripture

Psalm 42:1-2

"As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?"

Psalm 63:1

"You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water."

John 6:36

"But as I told you, you have seen me and still you do not believe."

John 7:37

"On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink."



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DAY 19: SALVATION OF THE LOST/REVIVAL

As disciples of Christ, we are called to spread the good news of the gospel leading others to salvation. Jesus calls us all to follow Him as He came to save all of humanity. We are created in God's image and carry a unique reflection of our Creator. Because we live in a sinful and fallen world, we all need and receive salvation through God's grace and not through our works. When we come into a relationship with Jesus, we are made new. The Bible says that Jesus came to find and save all those who are lost. We are invited to partner with God to stand in the gap and pray for those around us who do not know Jesus. We are called to testify of God's goodness and share our transformation in Christ with others. As we partner with God we build His kingdom with eternal impact in mind. The reflection of God in us and the power of our testimony is able to impact those around us. Our progression and not perfection allows us to be H.O.T. (humble, open, and transparent) and share what God is doing in our hearts. As we live authentically for Christ we invite others to do the same by receiving salvation and experiencing God's grace and love in their own lives. Revival starts with us!

Application/ Reflection:

- How has God saved you and transformed your life?
- Write down and pray for those in your life who are lost or far from Christ.
- How can you bring revival to your sphere of influence?

Notes:

Prayer:

Lord, I thank you for your saving grace. I thank you for the gift of salvation through your Son, Jesus Christ. Today, I stand in the gap praying that you will soften the hearts of those who are lost and far from you. No one is too far from your love to be touched and transformed by you. I believe in faith that those in my life that do not know you, will come to a relationship with you! I pray that I may represent you well with all that I do. I will testify of your glory and praise your name. Revive me, so I may be a part of bringing revival to others. Amen!

Scripture

Matthew 9:37-38

"Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."

John 6:44

"No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day"

Luke 19:10

"For the Son of Man came to seek and to save the lost."



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DAY 20: SPIRITUAL WARFARE

Prayer is our weapon when it comes to fighting very real, but unseen and spiritual battles! We live in a fast-paced world and when we face challenges it can be our tendency to seek practical or non-spiritual solutions to our problems. As prayer becomes your secret sauce, we encourage you to have prayer be your first response! We pray about everything! At times, our battles are not just practical, mental, or emotional, but spiritually rooted. The Bible says in Ephesians 6:12, "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this world's darkness, and the spiritual forces of evil in the heavenly realms." We do not need to fear, as we walk in the victory of Jesus Christ as He already conquered death through His resurrection. We live in the tension of knowing we have the ultimate victory in Jesus while still fighting off attacks of the enemy on this earth. We are equipped with the Holy Spirit, prayer, and the Word of God. The Bible is filled with truth and promises of God to fight back in the Spirit and to push forward the will of God through our prayers.

Application/ Reflection:

- How is God asking you to fight spiritually for His will in this world and your life?
- How can you intercede and pray against spiritual warfare in the lives of those around you?
- How have you experienced victory in Jesus?

Notes:

Prayer:

Lord, I repent for times when I searched for earthly solutions to spiritual problems. I pray that you sharpen my discernment when it comes to spiritual matters. I pray you would heighten my awareness of spiritual attacks and of the resources that you have equipped me with to fight and win spiritual battles. Thank you that no weapon formed against me shall prosper! I pray that you intervene on my behalf and the behalf of my loved ones. I pray against any attack of the enemy over my mind, my health, and my spirit. I am claiming victory and protection in Jesus' name. Amen!

Scripture

Ephesians 6:10-12

"Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."

2 Corinthians 10:3-5

"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

Isaiah 54:17

"no weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me," declares the Lord."

DAY 21: HOLY GROUND

As believers, we are called to be holy which means that we are set apart from the ways of the world. Where we stand today is holy ground because the presence of God dwells with us and in us. At times we all question our worth or importance, but as we rest in God's love and redemption we are whole. We are purified through His righteousness and made perfect despite our inequities. Philippians 3:20 says that we are citizens of heaven. We carry an eternal perspective when we are on this earth which dictates our actions. When we walk in faith, we stand firm in knowing that we are called to live differently from the world because God has called us to a life of holiness that honors Him. You are not your past, you are not your sin, or your mistakes because of the work that Jesus did on the cross. Jesus is holy and as the Spirit of the living God dwells within us, we are propelled into a life of holiness that declares, "here is holy", regardless of the circumstance.

Application/ Reflection:

- How is God showing you that where you are, is holy ground?
- What does it mean to acknowledge God's holiness in you and around you?
- How can you live your life set apart for God's glory?

Notes:

Prayer:

Lord, I declare, here is holy! I pray that today, I find new revelation in your Word and in my surroundings. I seek to see your presence in all that I do. I pray that you grow my understanding and awareness of what it means to be holy. I pray to live a life that is set apart and marked by your goodness, faithfulness, and for your glory. I pray that you help me re-present you to show others what it looks like to walk in obedience to you. I love you and I invite you to do a deep work in me. Thank you, that because you dwell in me, here is holy. Amen.

Scripture

1 Peter 1:16

"for it is written: "Be holy, because I am holy."

Acts 7:33

"Then the Lord said to him, 'Take off your sandals, for the place where you are standing is holy ground."

Philippians 3:20

"But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,"

Exodus 3:4-5

"When the Lord saw that he had gone over to look, God called to him from within the bush, "Moses! Moses!"

And Moses said, "Here I am."

"Do not come any closer," God said. "Take off your sandals, for the place where you are standing is holy ground."

We hope this plan encouraged you as we look forward to a powerful 2025!



21 Day Prayer & Fasting



Experience & share the love of Jesus



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