



21 DAYS OF FASTING AND PRAYER GUIDE

THIS GUIDE

The goal of providing you with this guide is not to pressure you into one way of praying or giving you a list to check off, but to offer 3 models you can use and some specific prayers you can pray so that over these 21 days your prayer life can become more meaningful and effective. Learning discipline and focus in prayer can be a challenge in our fast-paced world, but as we make the commitment and pursue God's presence, we will soon find delight and enjoyment in our times of prayer.

You can use these 3 models however you choose. You may decide to engage with 1 model for each week, or you may use a different model for each day, or you might find that one model works best for you and just stick to it. To get started, choose which model you would like to use today. Give yourself time to pray intentionally through each part of the model. If your mind wanders, or you are disrupted, use the model to reset your focus.

CULTIVATING A LIFESTYLE OF PRAYER

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. - Mark 1:35 (NIV)

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

SET A TIME

Jesus got up early in the morning to spend time with the Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A PLACE

Jesus found a solitary place to pray. In the rush of work and family life, it can sometimes be challenging to find a solitary place, but it's important to remove distractions and create a space to fully engage in prayer. You might have a designated place in your home, or you may find walking outside, going to a local park, or some other space is helpful. The important thing is that you have a place set aside for daily prayer.

MAKE A PLAN

There is no set formula you must follow for prayer and practicing different ways of praying can be helpful. Your plan for prayer may include reading and meditating on a passage of Scripture, listening to worship music, lighting a candle, silence, or journaling. Your plan may vary, it doesn't always need to look exactly the same, the important thing is to have a plan for connecting with God.

THE LORD'S PRAYER

CONNECT WITH GOD RELATIONALLY

Our Father in Heaven

In Jesus, we experience God as our Father. God is interested in relationship with you. He has adopted us as his children and desires us to come to him remembering that he is near and concerned about everything that concerns us. As you begin your prayer time, take a deep breath and know that you are not a beggar but a beloved child.

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."
- Romans 8:15

Prayer:

Father, thank you for making me your child. You have adopted me and made me your own. There is nothing I can do that will make you love me less and nothing I can do that could make you love me more. I am grateful to call you Father and know that I am accepted in your family.

WORSHIP GOD FOR WHO HE IS

Hallowed be your Name

Everything that exists was created to praise God's great name, including us. When we say that God's name is holy, we are praising God for who he is. God is holy - pure and majestic - and he has shown himself to be holy in all he has done for us. These are some of the names we find in Scripture that display God's holiness for us

God is our Righteousness – He has made us clean and acceptable
God is Sanctifier – He has called us and set us apart for his purposes
God is Healer – He heals all our diseases - physical, spiritual, and emotional
God is Banner of Victory – He defeated sin, death, and the devil for us
God is Shepherd – He speaks to us and leads us
God is Peace – He is our source of hope and calm in the storms of life
God is Provider – He provides for all of our needs

The name of the Lord is a fortified tower; the righteous run to it and are safe. - Proverbs 18:10

Prayer:

Father, as I set my attention on your holiness, I recall all you are to me. Your name reveals who you are - my Rescuer, my Healer, my Provider, my Victory, my Peace, my Shepherd, my

Sanctifier. Your name reminds me that you are my place of security and safety. I worship you for who are. Your name is great and awesome.

PRAY HIS AGENDA FIRST

Your Kingdom come, your will be done on earth as it is in Heaven

Jesus is our King and his Kingdom will never end. When we acknowledge this fact, we are bringing to mind that we are citizens of a different kingdom, called to represent the purpose and priorities of our King. He is wise and sovereign, his will is perfect and good, and he is leading and directing us for his glory. Therefore, we do not give in to worry and anxiety, but we submit ourselves to the authority of our King.

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. - Matthew 6:31-34

Prayer:

Jesus our King, you reign over all the kingdoms of the world and there is no plan or policy better than your will. Help me to trust that you are sovereign over everything that might worry or trouble me. I want your will to be done in my life (*name the areas of your life where you need a greater awareness of God's presence and power*), come and do your will in the world and help me to see the role you have for me to fill in seeing your purpose and plan revealed. Let the good news of your salvation reach and transform every heart, pour out your Spirit upon all people, and let your Kingdom come in power and glory.

REMEMBER GOD IS YOUR PROVIDER

Give us today our daily bread

God has promised to provide for all of our needs. Our Father already knows what we need, but he invites us to bring our problems, needs, and desires to him. As we do, we remember that we are dependent on God for everything we have. It might help to write down your concerns on a piece of paper and bring them to your place of prayer. As we lay down our list of concerns before him, our hands are now empty to receive what God has for us. There is nothing mystical about this practice, it's simply a physical reminder that we cannot receive his provision while we hold onto our problems.

I look up to the mountains; does my strength come from mountains? No, my strength comes from God, who made heaven, and earth, and mountains. - Psalm 121:1-2 (The Message)

Prayer:

Father, I look to you for everything I need today knowing that you are always faithful to provide. I give you my problems, my needs, and my desires, trusting that you know these things better than I do. Help me to trust that you are more than capable of handling anything I am dealing with. I choose to surrender all of my needs to you so I can receive your provision for me. You are my strength and my help, you sustain me and give me hope. Thank you for being my provider.

RECEIVE AND SHARE GOD'S FORGIVENESS

Forgive us our sins, as we forgive those who sin against us

God gives us complete forgiveness that we can receive any time. When we confess and turn away from our sins, we receive his forgiveness. As we receive God's forgiveness, our hearts overflow with grace and forgiveness for others. Ask God to illuminate your heart and show you attitudes, actions, and words that you need to confess and turn away from. As you receive God's forgiveness, you are empowered to forgive others. You can even forgive people in advance by choosing to walk in grace toward others.

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
- 1 John 1:8-9

Prayer:

Father, help me to recognize areas of my life where I need to confess and receive your forgiveness. I confess that I have been struggling with (talk to God about any known sin as the Holy Spirit brings it to your remembrance), and I know that you are more eager to forgive than I am to receive. I turn away from sin and receive your forgiveness. As you have graciously forgiven me, I want to forgive others. Please help me to let go of all past hurt and offenses. I give you every hurtful and painful situation, trusting that you know how handle those things according your perfect will. Amen.

ENGAGE IN SPIRITUAL WARFARE

Save us from the time of trial and deliver us from evil

Spiritual warfare can seem difficult to understand, but the Bible exposes the fact that we have a spiritual enemy who seeks to kill, steal, and destroy. As we pray, we stand against the power of the enemy in the victory that Jesus has won for us. God has given us weapons that are mighty for tearing down strongholds and lies the enemy has told us. There is power and truth in God's Word that exposes and destroys the lies of the enemy. Ask God to show you any lies you've believed and speak God's Word over your life, your family, and your world.

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.

-Ephesians 6:10-12

Prayer:

God, I recognize that my struggles are not against the people or circumstances I can see, but against the powers of darkness and spiritual forces of evil. Please help me to recognize any lies that I have believed and allowed to blind me to your truth and take them captive to your reign. Make all of my thoughts obedient to the truth of your Word. Although the enemy desires to kill and destroy, I have nothing to fear because you have given me abundant life. I decree and declare that no weapon formed against me will prosper for you are greater than anything I could ever face. Thank you for your victory, in the Name of Jesus. Amen

PRAISE GOD FOR HIS ABILITY

For the Kingdom, the power, and the glory are yours now and forever

God is more than able to move in every situation and circumstance. He desires to display his power in and through you. We end our prayer in praise by declaring his authority and power. Our hope is not simply that things can get better, but our hope comes from the Mighty One who is with us and for us.

Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.

- Jeremiah 32:17

Prayer:

Father, nothing is too difficult for you! Through your power and in your great Name, all things are possible. All authority in heaven and earth belongs to you. Your victory is complete and total and will be manifest in my life. I praise you for your power to accomplish your purposes in me and in my world. You alone are God and you are worthy of all praise and glory. Amen.

THE TABERNACLE

In the Old Testament, the Tabernacle was the dwelling of God on earth. It was built to specifications that God laid out and he promised that he would meet his people there. The New Testament shows us that the Tabernacle with its furnishings were foreshadowing the way God would meet us in Jesus Christ. Today, we do not need a physical Tabernacle to meet with God, but as we examine each feature, we can connect with God through Jesus who has given us full access to his presence. This prayer model moves through each of the stations of the Tabernacle and uses the purpose revealed in Jesus to guide our prayer.

THE OUTER COURT

This was the entrance to the Tabernacle, like the front porch of God's House. As the Israelites entered into this space, they did so with expressions of joy and thanksgiving, looking forward to meeting with God. We begin our prayer in the same way.

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations. - Psalm 100:4-5

Prayer:

Father, you are good and your love endures. Thank you for blessing me and keeping me (tell God some specific things you are grateful for), in ways I see and recognize and in ways I don't. I come into your presence with joy to connect with you. I want to experience your presence, your love, and your power in a fresh way. I thank you for who you are and I praise your Name.

THE BRAZEN ALTAR

In the Old Testament, the central function of the Tabernacle was the offering of sacrifice which made relationship between God and his people possible. Today, we know Jesus as the once-and-for-all sacrifice for sin.

Take time to thank God for the sacrifice of Jesus which provides us with salvation, healing, redemption, transformation, and blessing. Let the power of the cross and resurrection fill your imagination and become rooted in your spirit. Claim the power of Christ's finished work over your life.

Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

- Psalm 103:1-5

Prayer:

Thank you, Father, for making it possible for me to be in relationship with you through the sacrifice of Jesus, your Son. Thank you for saving me, setting me free, being my healer, and Redeemer through the finished work of the cross. You have rescued me, given me hope, and purpose. Thank you for transforming me by your great love and making me a new creation. I give you access to all of my life - my emotions, my intellect, my will, and my relationships - it all belongs to you. Your sacrifice gives me confidence that your plans and purposes for my life are good.

THE LAVER

The next station of the Tabernacle was a large bowl of water, referred to as a “sea.” This was a reminder of the people’s need for forgiveness and cleansing. Today, baptism is that reminder for us. As we remember the waters of grace that have washed us, we ask God to examine our hearts, attitudes, and motivations. Because of the sacrifice of Jesus, we can be cleansed and receive a fresh start with God. As we pray, we confess and turn away from any known sin and allow God to cleanse and renew us.

Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

- Hebrews 10:19-22

Prayer:

Oh God, I confess my sins to you, turning away from them to receive your forgiveness. (Talk to God about any known sin, whether in actions, attitudes, or words, and ask him to reveal any unknown sin that needs to be forgiven.) Thank you for your forgiveness and cleansing from all guilt. I give you my whole self - take my heart and move me to act with your kindness and compassion; take my lips and use them to speak your truth; take my ears to be tuned to your word; take my hands to work for your Kingdom; take my feet to walk in paths of your righteousness; take my mind to think on your goodness and consider others above myself. Renew in me the gifts of faith, hope, and love. All of this for your glory and honor.

THE CANDLESTAND

As the priest entered into the Holy Place, the room was illuminated by a seven-branched golden candlestand. The fire represents the Holy Spirit’s power to enlighten and purify, dispelling the darkness of our hearts.

The Spirit of the Lord will rest on him-the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the Lord.

- Isaiah 11:2

Prayer:

Spirit of God, fill my heart with your wisdom and purity, impart your gifts to me. You are the Spirit of Wisdom, Understanding, Counsel, Might, and Knowledge. Give me such an awareness of your presence that I would have a holy fear of the Lord - recognizing your presence as the most precious possession you have given me. Teach and transform me. Inspire and empower me. Move in me that Jesus might be glorified in all I say and do today.

THE TABLE OF SHEWBREAD

In the Holy Place, there was a table with twelve loaves of bread, known as the bread of the presence. These twelve loaves were reminders that God's Word was the sufficient and daily sustenance for all his people. God's Word, revealed to us in the Scriptures, is a gift that is always relevant for us and a constant source of nourishment for our spiritual life.

Incorporate God's Word into your prayer time by reading the Scripture slowly and carefully, taking time to reflect and think what you have read. Ask God for fresh revelation from his Word - to address you personally from the text. Meditate on what God is saying to you through his Word and seek wisdom and courage to live into it.

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

- Joshua 1:8

Father, thank you for the gift of your Word. As I read and meditate on your Word written, speak and reveal yourself to me. Help me to recognize your Word as my daily nourishment. I believe your promises and rest in your truth. Give me fresh revelation from your Word. Give me understanding and wisdom from your Word. Let me see you more clearly in your Word.

THE ALTAR OF INCENSE

There was a curtain which separated the Holy Place from the Holy of Holies, where God's presence dwelled. In front of that curtain was an altar with burning coals, on which the priest would sprinkle incense, filling the room with smoke and sweet aroma. This offering of incense represented the worship God's people offer before him.

Worship is the proper position of the human heart before God. The word comes from the old English, worth-ship, and refers to the action of giving to another what they are due (what they are worth). In worship, we acknowledge the supreme worth of God, recognizing him for who he is, and responding with love and devotion.

May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

- Psalm 141:2

Prayer:

I worship you and you alone, O God. You are my righteousness, my sanctifier, my provider, my healer, my peace, and my victory. You are everything I could ever need and nothing compares to your value in my life. (As you pray focus on who God has been in your life and especially in this season of your life.) Your presence in life and joy to me. Receive my love and adoration as I rest in your peace and purpose.

THE ARK OF THE COVENANT

Inside the Holy of Holies was only one piece of furniture: the Ark of the Covenant. The Ark contained the broken tablets of the law, Aaron's rod that had bloomed, and some manna from the wilderness journey. On top of the Ark was the Mercy Seat, where the priest would sprinkle the blood of sacrifice on behalf of the people, interceding for them. In the same way, we intercede on behalf of others through the blood of Jesus, asking God to meet their needs in accordance with his will.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. - Ephesians 6:18

Pray especially for:

Your church - for pastors and church leaders, for unity among the members, for focus and energy in mission, for the proclamation of the gospel, and for both spiritual and numerical growth.

Your government - for the President, the Congress, and the Courts, and for all the governments of the world.

Your family - for those in your household, as well as your extended family that God has placed you in for his purposes.

Your community - for leaders and people in your city, county, and state.

Your relationships - for friends, coworkers, and acquaintances in all of their needs, but especially those who do not have a relationship with Jesus Christ.

Prayer:

Thank you, Father, for welcoming me into your presence. You have called me to stand in your place before others, and for others before you.

I ask you to bless, keep, and guide your Church in witness and service, especially for my local church, for our pastor and his family, our leadership, and our members. I ask that you would guide us in faithfulness to your Word, unity in worship, and effectiveness in your mission to redeem the world. Bring lost people through our doors and let them find hope here, experience family, and discover your purpose for their lives.

I lift up the government of this country and all the countries of the world, that your way would be known, that you would give grace that those in authority would lead in ways that lead to justice and peace for all people.

I ask you to bless and protect my family, near and far, that you would bring those who do not know you to know you, bring back those who have drifted away from your love and truth, meet their needs and guide their hearts toward you.

I ask your blessing of my city and community, for our elected officials and judges, for employers, for those with positions of power and influence, that we would work together to see compassion and prosperity reach every individual and family.

I thank you for the friends, coworkers, and acquaintances you have brought into my life. I pray your blessing upon them. Use my words to lift up and encourage those you have given me to love.

Provide for my needs in your wisdom and from your abundance. You are my sustainer and I lay all of my cares and concerns at your feet. Thank you for loving me, for calling me, for choosing me, and using my life for your glory.

In the Name of Jesus, our Great High Priest. Amen

PRAYING THROUGH SCRIPTURE

God's Word is a powerful resource for nurturing our prayer life. The power, truth, and encouragement found in Scripture can help us pray according to God's will. When we pray through Scripture, we begin by reading the Scripture and noting what that verse or passage says about God, his character and promises and the work he desires to do in and through us.

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

- Psalm 23

Prayer:

Father, you are my provider who leads me into rest. You are my source of freedom, passion, and energy. I have nothing to fear, even in the dark seasons of life, because you are with me. You order my steps, guiding and protecting me from every enemy. Thank you for blessing me, anointing me, and filling me to overflowing. Your goodness and faithfulness cover me all the days of my life. Thank you for the assurance that I live in your presence both now and for eternity.

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

- Psalm 139:23-24

Prayer:

Oh God, you know my heart and mind better than I do. If there is anything wrong or offensive, in my thoughts, attitudes, words, or actions, illuminate those things and bring me to a place of repentance. I want my whole life to be pleasing to you. Let my delight be in your eternally dependable way. Give me grace to hear and courage to obey you in all things.

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

- Matthew 6:33

Prayer:

Father, your kingdom and your right ways lead to a life of blessing and peace. I give you every concern, worry, and fear knowing that you are more than able to provide for me. I focus my attention on your priorities today, sharing your good news and making you known. As I look to you, trusting your rule, I receive your joy and peace.

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.
- 2 Timothy 1:7

Prayer:

Thank you, Father, for the gift of the Holy Spirit. You empower me and give me courage and boldness in the face of what otherwise would cause me to fear. I declare that I walk in your authority and I have victory over fear, anxiety, worry, and regret. I rest in your love that casts out all fear. I will not be a moral-quitter, but I will exercise the virtues in which you are strengthening me day by day, conforming me to the image of your Son, Jesus Christ.

Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good.
- Romans 8:26-28 (The Message)

Prayer:

Father, you have promised that you will work all things for my good. There are things in my life that don't feel good, things that confuse and frighten me, (talk to God about specific things that trouble you, or are causing you difficulty or pain). Your truth is greater than my feelings. I choose to believe that you are working on my behalf in all things. You want more and better for me than I could ever want for myself. Thank you that your Holy Spirit is interceding on my behalf when I don't know what to pray. I declare that your good purposes for me will ultimately prevail in all things, in Jesus' Name.

The Lord will open the heavens, the storehouse of his bounty, to send rain on your land in season and to bless all the work of your hands.
- Deuteronomy 28:12

Prayer:

Lord of all, you have everything I need and more. Your word says that you desire to bless me and I choose to believe that. I recognize that without you, I can do nothing, but I am not without you - you are with me. Thank you for your favor on the work of my hands. I give my work and effort to you, knowing that you will bless my diligence in your perfect time. Because of that, I will not be discouraged, I will not give up. Let everything that I set my mind and my hands to do be for your glory, and that others would see your goodness and power at work in my life.

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.
- Jeremiah 29:11-13

Father, your plans for me are better than the plans I make for myself. You are the source of my hope. You are the one who opens the door to my future. Thank you for loving me with your everlasting love and being interested in the details of my life. I call to you in full confidence that you will listen just as you have promised. I seek you with my whole heart knowing that you are not hiding, but you desire to reveal yourself. I surrender my plans to you (mention any specific plans you have for today - meetings, conversations, work - and surrender them to God). As I surrender to you, I thank you that you are guiding my steps into alignment with your plans for me. I trust you.