

21 DAYS OF PRAYER AND FASTING

PRACTICAL CONSIDERATIONS

The observance of a fast varies with each participant. The basic fast is observed by (1) frequent prayer during the day(s) of the fast, and (2) only receiving *water* as physical intake for the space of the fast.

The following guidelines should only be perceived as assistance and counsel for those who wish to participate but who, for various reasons, cannot observe a complete fast. Let no one feel constrained to fast by reason of guilt feelings, nor may anyone seek, on the other hand, a couch of ease for their flesh by fasting less than they understand to be their personal, God-directed, Holy Spirit-prompted duty and ability. Within those parameters, these guidelines may help to pursue a fast in what one leader called the "spirit of fasting", i.e. abiding in the *idea* of the fast, even if the *idea* was sometimes difficult to reach.

Practical considerations ought to be kept in view when fasting. Because we are not trying to convince God of our worthiness, but rather are simply observing a biblically taught discipline, it is not unspiritual to recognize there will be functional realities at a physical level that ought to be understood.

1. Do not fast if there are medical or dietary reasons which prohibit it.
2. Always drink plenty of water while fasting, for it washes out physical impurities released into your system by the fast. (A squeeze of lemon in the water is helpful to this end.)
3. Some whose regimen cannot seem to tolerate a complete fast find that taking fruit juices helps them in the "spirit of the fast."
4. Those who for any reason are unable to participate at all, in their going without food, often find the "spirit of the fast" is sustained by their disciplined giving of regular times of prayer beyond their usual pattern of devotion or intercession.
5. People, whose work is of such heavy energy expenditure that a total fast is outside reason, often find that a measuring back of their food intake, as a kind of "offering", becomes a contemporary example of Daniel's "partial fast." Daniel 10:3 describes the prophet's taking "no pleasant food" for an extended period of fasting, while he still served his role of duty in government offices. This voluntary reduction of intake, denying the flesh delicacies while still answering to basic need for energy, is a fast which might be applicable to some.

Practical wisdom recommends that a fast be concluded with a light meal, to assist the body in resuming its digestive duties, in this case, soup or light breakfast fare without meat would be wise.

Daily Prayer Guide for the 21-Day Prayer & Fasting

This Prayer Guide is designed as a tool for reading, praying, and meditating on scriptures. Allow the Holy Spirit to surround you as you submit and surrender. To utilize this guide to its full capacity, please follow these instructions:

- Set aside at least 15 minutes to pray each day.
- Choose a time of the day that is convenient for you.
- Pray and meditate on the prayer point and objective along with reading the scriptures attached to it.
- Allow the Holy Spirit to saturate your hearing.

These prayer points are intended to be a spring board to assist in your time with the Lord. Fasting or not, please pray these prayer points listed daily and believe for God's manifested glory to bring transformation in our lives. Enjoy your time spent with the Lord, and thank you for partnering together to take the world by prayer.

Week One: First Things First

Day 1 - Prayer Petition: Repentance

Objective: Developing a contrite and humble heart.

Is there any gift we should covet more? Repentance is true life, life from God. Weeping and rejoicing are signs of spiritual life. Only the dead give no reaction. Rigid, lifeless, motionless, they express no joy and shed no tears. But a contrite and repentant heart is alive with sorrow for the one thing worth grieving over: sin. A contrite spirit must be a CONDITION of the heart, not a moment in time you point to. Ask God to search your heart like David did and give the Holy Spirit permission to blow the cover off your actions, thoughts, and motives. Then know the power and promise that comes with confession: full forgiveness for His sons and daughters.

Scripture: Joel 2:13, Psalms 51:10, Psalms 38:18, Psalms 139:23-24, 2 Chronicles 7:14, 1 John 1:9, Acts 3:19

Day 2 - Prayer Petition: Forgiveness

Objective: Heartfelt release of the person who hurt you.

Forgiveness is a heartfelt decision to release the person who hurt you from the obligation incurred when we were mistreated. It involves your will, intellect, and emotions. Forgiveness is a command, but it is through the supernatural power of God that one is forgiven. Jesus' sole purpose for coming to earth was to pay a debt He didn't owe. Jesus expressed His love for us while we were yet sinners. If He did that for us, what should we do when God calls us to forgive and it is limitless?

Scripture: 1 John 1:9, John 15:5, Luke 17:34, Colossians 3:13, Matthew 6:12, Psalms 103:10-14

Day 3 - Prayer Petition: Praise and Worship

Objective: Establish an atmosphere of praise and worship in which God the Father and our Lord Jesus is exalted, and the Holy Spirit can move freely in our midst. Awaken deep worship and a fresh anointing.

Praise is an acknowledgement and appreciation of what God has done for us. Worship is an expression of adoration and reverence reserved for God only.

Scripture: John 4:24, Revelation 4:6-11, Psalms 103:1-2, Psalms 150:1-6, Psalms 18:46, Psalms 66:3-4, Acts 16:25-26

Day 4 - Prayer Petition: Salvation/Preparation for the Harvest

Objective: Greatest ingathering of souls.

Even though seed is grown on good ground, the ground must be plowed before each seed can have the maximum opportunity to germinate. While believing God for the harvest, waiting can be difficult because patience is required to wait on God. The harvest is always gratifying because it is the reward of our preparation and waiting. Celebrate and rejoice in the Lord for the greatest ingathering of souls.

Scripture: Jeremiah 4:3, Hosea 10:12, Isaiah 40:29-31, 43:4-8, 43:19, Matthew 9:38

Day 5 - Prayer Petition: Old man Vs. the New man

Objective: Put away our former way of life, renew our mind, and put on the "new man" in the likeness of God in righteousness and truth.

Today the "high" places are the acceptable things for Christians to do by man's principles but are unacceptable by God's standards. Ask God what your high places are and tear them down through the power of the Spirit of God.

Scripture: Ephesians 4:17-32

Day 6 - Prayer Petition: Unify the body of believers**Objective: Bind our body of believers together in unity.**

Give us unity of purpose as we use our individual strengths to accomplish Your will to win souls and disciple them. Help us build, encourage, pray, and love each other. We need one another; make us one as You and Christ are One.

Scripture: Ephesians 4:12-13, 4:16, 1 Thessalonians 5:11, Ephesians 4:12-13, Leviticus 26:7-8, Colossians 3:13-14

Day 7 - Prayer Petition: Church Staff**Objective: Strength, Protection, Safety, Support; Spirit lead and stretch their time.**

Encourage every worker that whenever they work, work heartily as unto the Lord. For our ultimate “Boss” is the Lord. Stay your course, be honest in all your dealings, for it creates a reputation for Christlikeness that cause the church to shine.

Scripture: Hebrews 13:16, Psalms 2:8, 1 Corinthians 12:12-14, 27-31, Colossians 3:23, Proverbs 16:1, 16:3, Isaiah 54:17

Week Two: Family Affair**Day 1 - Prayer Petition: Love for God and our neighbors****Objective: Love is not jealous, boastful, and keeps no record of wrong.**

Love is one of the fruits of the Spirit. Only as we live in God’s love can we fulfill His will for our lives. The believer must become love-inspired, love-mastered, love-driven. We are thankful that God has given us the Holy Spirit to fill our hearts with His love so that we may share love with each other. Quicken us to remember that prophesy and speaking in tongues will become useless without love. Love will last forever.

Scripture: Psalms 113:5-6, Matthew 22:35-40, John 15:9-12, 1 John 4:7-21, 1 Corinthians 13

Day 2 - Prayer Petition: Marriage**Objective: God made them male and female, he then declared a great truth inscribed in creation: ‘For this reason a man shall leave his father and mother and be joined to his wife.’**

Christians have proclaimed these words at weddings, for they have expressed the gift of marriage long recognized by humanity and acknowledged by men and women of faith. Marriage is the union of a man and a woman. As Christians, we bear witness to the truth about marriage given to us in the Holy scriptures inscribed on the human heart. We refuse to allow our witness to be obscured by the confusion of our culture and society.

Scripture: 2 Timothy 2:4, Mark 10:6-8, Genesis 2:24, Hebrews 13:4, Exodus 20:14, Matthew 19:4-6, Ephesians 5:25-33

Day 3 - Prayer Petition: Children**Objective: Children are a heritage from the Lord, the fruit of the womb.**

Children are rewards from God, so we follow his word to truly cherish His gifts to us. Nurture their faith as they become adults. As Jesus obeyed his father, teach your children to follow in His footsteps.

Scripture: Isaiah 54:13, Genesis 1:27-28, Luke 2:40, Psalms 139:13-14, Colossians 3:20, Proverbs 1:8-9, Proverbs 22:6, Matthew 18:24, Ephesians 6:1-4, Exodus 20:12

Day 4 - Prayer Petition: Salvation for Family Members**Objective: Salvation of our loved ones.**

That the Lord will touch the heart of our loved ones to accept His precious gift of salvation. Mercy of God to be shown to our unsaved relatives, snatching them from the fires of hell and judgment through our continued prayer and declaration of God’s Word. The Lord will send laborers to them to get them saved.

Scripture: John 6:44, Jude 1:22-23

Day 5 - Prayer Petition: Pastors and their families**Objective: Intercession on behalf of pastors and families.**

Remember your pastors and consider how they persevere in faith to enter the promised inheritance. Offer up effective fervent prayers for your pastors for they watch over our souls. Make intercession on behalf of those who are in position over us. We believe that as they speak the Word of God, they will do so with boldness to make known the mysteries of gospel.

Scripture: Hebrews 13:17, Ephesians 6:19-20, 1 Corinthians 3:18, Psalms 128

Day 6 - Prayer Petition: Finances

Objective: Financial Abundance

As we consider our needs and the needs of the church, we remember the Lord takes pleasure in prospering His servants and He gives us power to increase in every arena of our lives. Thank God for providing financial resources so that we may give generously in tithe and offerings, knowing that as we give, it shall be given to us. Father, accept our giving as a sign of our love and devotion to You.

Scripture: Psalms 35:27, Deuteronomy 8:18, Luke 6:38, Jude 1:25, 2 Corinthians 9:7

Day 7 - Prayer Petition: Healing

Objective: Healing

In what area of your life do you need healing? The power of the Blood of Jesus Christ can heal the body, mind, soul, relationships, your community, and finances. His blood is the balm that heals the deepest wounds of any kind. God specializes in healing the broken places of life. To heal the land where we walk and the community around us. Ask for the gracious healing balm to cover your body, mind, and soul.

Scripture: Matthew 8:16-17, 1 Peter 2:24, Isaiah 53:4-5, Jeremiah 30:17, Psalms 23:3, Isaiah 40:31, Luke 1:38

Week Three: Further Reach

Day 1 - Prayer Petition: Missionaries and Grace International

Objective: Send forth Missionaries in the power of the Holy Spirit through Prayer.

The work of the missionaries is done in the Spirit of waiting on God, hearing the voice of God, sending forth men with fasting and praying. The missionaries' work is in the power of the Holy Spirit. They are protected from all evil, no weapon formed against them will prosper. Every need for the missionaries is met in every area of their lives. May we give them words of encouragement as they serve the Lord and the people. What they need most is for us to pray for them.

Scripture: Acts 13:47, Matthew 28:18-20, Psalms 52:7, Psalms 121:5, 1 Peter 1:5, 1 Peter 5:6-10

Day 2 - Prayer Petition: Nation

Objective: Healing for our nation.

We beseech you on behalf of our land, we humble ourselves and seek You. You hear, answer, and heal our land. We turn to You in repentance and faith. We ask for continued blessings upon the nation and thank You for Your tender mercies. You are God of our nation, and righteousness and holiness is what we need. We pray Your kingdom come and Your will be done on this nation.

Scripture: 2 Chronicles 7:14, Matthew 6:10, Psalms 105:4, Ephesians 4:2, Psalms 5:3, Isaiah 60:1, Psalms 6:1, Daniel 2:21, Matthew 16:18, Proverbs 9:10

Day 3 - Prayer Petition: Getting the Word of God in us

Objective: Being filled with the Word.

When we confess the Word of God, we are agreeing with the One who said it and are in effect saying "Amen." We agree with the One who said that His Word will not return void. Since we already have the Holy Spirit in us, as we memorize scripture, we are yielding more of our will to Him. It has been said that when life squeezes you, what is inside of you will come out.

Scripture: Jeremiah 12:16, 15:16, Isaiah 55:11, 1 Corinthians 1:20, John 1:1, Psalms 51:6

Day 4 - Prayer Petition: Daily yielding and walking with the Holy Spirit

Objective: Deny our flesh, take every thought captive, and live by faith through the power of the Holy Spirit.

Before salvation, we were drawn by our fleshly human desires (mind, will, and emotions). As children of God, we are called to live by the Word of God and leading of the Holy Spirit. As we fast, may we remember to bring our flesh, thoughts, desires, and actions into obedience to the Lord so that He may live fully through us. Live by the Spirit and not gratify the desires of the sinful nature (your flesh). For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature.

Scripture: Romans 8:5-6, 12:1-2, 14, Galatians 2:20, 5:16-17, Ephesians 4:22-24, Romans 12:1-2A

Day 5 - Prayer Petition: Spirit of Supplication

Objective: The Spirit Himself making intercession for us.

Every child of God has the Holy Spirit in him to help with intercession/prayer. God gives the Spirit without measure. May God give heed to our voice of supplication. Thank You for the Spirit of supplication as we cry out to You and You pour out Your Spirit of supplication upon us.

Scripture: John 3:34, Zechariah 12:10, Psalms 86:6, 1 Kings 9:3, 2 Chronicles 6:21

Day 6 - Prayer Petition: Breakthrough

Objective: Spiritual breakthrough

God is Lord of breakthrough. The battle for spiritual breakthrough calls for a forcefulness of our earnest, prayerful persistence in the face of opposition. Be strong, tenacious, forceful, unwavering. Press into My presence and see breakthrough take place.

Scripture: 1 Chronicles 14:10-11, Matthew 11:12, Luke 16:16, Matthew 7:7-8, Daniel 10:12-13, Ephesians 6:12, Isaiah 43:19

Day 7 - Prayer Petition: Revival

Objective: Spiritual awakening for the church.

The Word of God to have free course in our lives and our midst every time we gather, thereby bringing transformation, healing, salvation, deliverance, and subsequently ascribing all glory to God. The Holy Spirit must be allowed to move freely in our midst to teach us how to live a life of humility. God create in us a hunger and thirst after righteousness and holiness.

Scripture: 1 Thessalonians 3:1, Luke 5:17, 1 Corinthians 1:29-31, Psalms 127:1, Romans 8:26-27, Ephesians 1:17-19, 3:14-19, Colossians 1:9-11