



GUIDE AND DEVOTIONALS

Four Types of Fasting

COMPLETE FAST

This fast calls for drinking only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, processed sweets, and bread from your diet. You consume water and natural juice for fluids with fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the Jewish Fast or Intermittent Fasting and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST

This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast, and then choose to carefully bring that element back into their life in an orderly fashion at the conclusion of the fast.

7 Basic Steps to Successful Fasting & Prayer

STEP 1: Set Your Objective

Why are you fasting?

STEP 2: Make Your Commitment

Pray about the kind of fast you should undertake.

STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance, forgiveness, and meditation on God's word.

STEP 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have any medical issues or concerns.

STEP 5: Put Yourself on a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be. Remember fasting without prayer is just a diet.

STEP 6: End Your Fast Gradually

Particularly, if doing a complete fast, begin eating gradually. Do not eat solid foods immediately after your fast. Try several smaller meals or snacks each day.

STEP 7: Expect Results

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience fresh, new spiritual insights and answers to your prayers.

Lifestyle Prayer

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

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).

A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

A CERTAIN PLAN

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline along with several other tools are available in this booklet.

21 Days of Prayer + Fasting

DAY 1

JAN 8

Devotional:

In Luke 11, Jesus' disciples asked him to teach them to pray; "Lord, teach us to pray." It's not that they didn't know how to pray. At this point in their lives, they knew how to pray. They had heard many rabbis pray. They had heard Jesus pray before. They themselves had said a few prayers (I mean, they were fishermen!)

What they were really asking was, **"Jesus, teach us to pray like you. With the boldness and the authority, you pray with."** It was like Jesus knew the Father in a way they'd never seen before.

Scripture Focus: Read Luke 11:1-13

Key Verse: Luke 11:1, 9

Journaling Guide:

- What do you need to do to make sure you are making room for prayer? Write down 3-5 actionable steps you can take.

Prayer Points

- Take a few moments today, in prayer, and ask Jesus to make you hungry for prayer.
- For this week, set aside (maybe set a reminder or alarm in your phone) just 3-5 minutes at some point during the day to pray and talk to God.

21 Days of Prayer + Fasting

DAY 2

JAN 9

Devotional:

Luke 11 gives us the very familiar Lord's Prayer. Most of us have heard this a time or two, and if you've played sports, you've probably said it out loud with your teammates. But what does it mean?

Scripture Focus: Read Luke 11:1-4

Key Verse: Luke 11:2a

Journaling Guide:

- Write out your own prayer that you can refer to for encouragement when you aren't sure what to pray.

Prayer Points

When we pray, we should pray with these components...

- Address God (Father, Jesus, Holy God, Mighty God, etc.)
- Honor God (you are holy, you are mighty, gracious father, etc.)
- Give thanks (Father, thank you for)
- Ask for the things NEEDED
- Repent, confess and ask forgiveness of sin
- Forgive others
- Ask for God's provision in your day
- Ask God to direct your day
- Thank Him and claim victory in your day for his honor

Now these are just a few things to pray for. Do this in your own way and get into your own rhythm. But don't stick to that so that it becomes stale.

21 Days of Prayer + Fasting

DAY 3

JAN 10

Devotional:

The Principle of the book entitled, "The Circle Maker," implies that when We Change Our Prayers, We Change Our Life!" Prayer has proven over and over again to be as vital to the Christian life as breathing is to human life. Often times we find in our prayers that God doesn't always change our situation, but He will definitely use it as a mechanism to change us.

Scripture Focus: Read 1 Kings 17:17–24

Key Verse: 1 Kings 17:20a

Journaling Guide:

- How did Elijah pray in that situation?
- What can you learn from the boldness in which Elijah prayed to God?
- What miracle, dream, desire, prayer of petition have you been asking God for?
- In what ways will you change your prayers this year

Prayer Focus:

Today, approach God boldly, not demanding, but with boldness and ask God to intercede in your situation like he did for Elijah.

21 Days of Prayer + Fasting

DAY 4

JAN 11

Devotional:

Joshua had the people of Israel in a predicament. He was in the shadow of one of the greatest cities the world had yet to see. The walls of Jericho were said to be indestructible. Yet, following the prompting of God, he had the people of Israel standing outside this great city, and God told him, "See, I have given the city of Jericho into your hand."

Problem is... The walls were still standing, and Israel was still on the outside looking in. How could God have already given them this city?

Scripture Focus: Read Joshua 6:1–7

Key Verse: Joshua 6:2

Journaling Guide:

- God may be trying to tell you something today, but does He have your attention?
- What is in front of you right now that seems impossible for you to do?

God is with YOU, and the battle is won before it even starts!

Prayer Focus:

- What is the Challenge of this verse for you today?
- How can you apply this to your life today?
- Whom will you share what you learned from this DEVO today?

21 Days of Prayer + Fasting

DAY 5

JAN 12

Devotional:

The great leader Moses has died, and now the people of Israel are being led by a new leader, Joshua. Just before they entered into the promised land, God spoke to Joshua and told him, **“Every place that the sole of your feet will tread upon, I have already given you...”**

Wow! What a promise! So Joshua moves forward with confidence that God was with him, and eventually takes the promised land!

Scripture Focus: Read Joshua 1: 1–7

Key Verse: Joshua 1:7

Journaling Guide:

- If you were 100% sure that God was with you, what would you do?
- How would you pray differently?

Prayer Points:

God has given you a great dream, a mighty vision, a call to move on something, and if you're a believer, then you need to know that God is FOR you and WITH you. (If you're still trying to figure it out, that's ok! Ask God for help!) Today, go forward in faith and confidence that the God is in your corner. Pray big. Pray bold. Pray through.

21 Days of Prayer + Fasting

DAY 6

JAN 13

Devotional:

"If we don't take the risk, we could forfeit the miracle.

Praying big, bold prayers begins with knowing the strength of He alone who answers them.

Moses was human, but carried with him the promise that God would do His miracles through him, a simple man with a past who found a life of contentment in the desert. This simple man was brought into a relationship with His God. As you read the words God says to Moses, pray and ask God not only to reveal the reasons you have for holding back, ask Him to speak to them.

Scripture Focus: Exodus 3:1-4:17

Key Verse: Exodus 4:12

Journaling Guide:

- What are some things you would like to see God do through you?
- What new ways can you seek to trust God?

Prayer Points:

- Ask God to increase your trust in Him to accomplish all that you are praying for.
- Intercede for a family member and ask God to hear their prayer.

21 Days of Prayer + Fasting

DAY 7

JAN 14

Devotional:

Faith is a mysterious, intangible thing that lives inside of every believer. Faith is not an emotion, rather the courage to follow the steps Christ has given to us in spite of our emotions. We learn to walk, first one foot and then the other. We learn to pray in the same way. Take the first step and then the other. There is beauty in simple faith, there is growth and hope. All we need He will provide as we take step 1.

Scripture Focus: Ephesians 2:1-10

Key Verse: Ephesians 2:8

Journaling Guide:

- What are some areas you want to intentionally apply your faith to?

Prayer Points:

Today pray and ask God to reveal your next step. This is not of man, or his workings, not of your own desire but that are borne of your relationship with Jesus, through His works.

His works are sufficient (2 Cor. 12:9) for us all to step out in faith, not faith in self but faith in Him alone. He's got this, and He's got you! "...

Just as I was with Moses, so I will be with you. I will not leave you or forsake you. Be strong and courageous, ..." (Joshua 1:5-6 ESV)

21 Days of Prayer + Fasting

DAY 8

JAN 15

Devotional:

“Never look back unless you are planning to go that way”
~Henry David Thoreau

Elisha followed Elijah for years and watched him perform miracles, heal people, and prophesy. Elijah had called fire down from heaven and hid from Jezebel. Elisha wanted what Elijah had, and wanted to be as near to the action as he could get.

However, in the beginning he had make a courageous commitment to the future with Elijah by letting go of his past. He burned the ox, gave himself no other option but to move forward with Elijah.

Scripture Focus: 1 Kings 19:19–21

Key Verse: 1 Kings 19:21

Journaling Guide:

- What options are you leaving open that God is asking you to burn? Doors can be reopened. It’s time to take them off their hinges and burn them down.
- What options do I need to eliminate?
- Is following Jesus my only option?

Prayer Points:

Ask God to help you to surrender your options to Him and trust that His will is the best way.

21 Days of Prayer + Fasting

DAY 9

JAN 16

Devotional::

The wisdom of the disciples was to send the people to feed themselves. Jesus had another plan. What He told His disciples to do seemed strange to them. He asked them to give Him all they had, and He performed a miracle when they did.

Scripture Focus: Read Mark 6:30-43.

Key Verse: Mark 6:37

Journaling Guide:

There is something Jesus has for you to do as well. What if you hear His voice calling you to do something that has never been done before? If He is, what if, just what if, He does through you something entirely new?

If we believe that this same Jesus is the one guiding our steps, would we do whatever He told us to? Would you?

Prayer Point:

Today ask that you be sensitive to God's leading and prompting, even when it doesn't quite make sense.

21 Days of Prayer + Fasting

DAY 10

JAN 17

Devotional:

In faith believing, we speak things as if they already were.

The Holy Spirit is living and active in the life of every believer. He actively participates in our lives, He grows and directs us toward the works Jesus has called us to perform in His name. When we enter relationship with Jesus, we enter into an eternal lineage of others who have walked this path before. Our Father God has given us stories of others who have gone before us to look to for assurance. God is who He says He is, and He does what He says that He will do, and always has.

Maybe it's time to begin to make the mental acknowledgment that He alone can and will participate in your life, and maybe, just maybe, it's time to take that first, bold step to participate with Him in His living work. Say yes to God, and if you have said yes... it's time to take that next step.

Scripture Focus: Read Hebrews Chapter 11.

Key Verse: Hebrews 11:6

Journaling Guide:

What is God speaking to you to do for Him? What is your next step with God?

Prayer Point:

Pray your promise back to God and apply the scripture believing in faith that it will be done!

21 Days of Prayer + Fasting

DAY 11

JAN 18

Devotional:

"Prayer does not fit us for the greater work; prayer is the greater work." ~Oswald Chambers.

Prayer is a lifestyle we begin cultivating as we begin our relationship with Christ. We enter with our words and speak our "Yes" to the invitation to live a life surrendered to Him. Prayer is the acknowledgment that He is above all, in all, and through all. It's the understanding that He alone is our first and only option, not a last resort.

Scripture Focus: Read Matthew 6:25–34

Key Verse: Matthew 6:33

Journaling Guide:

Meditate on God's truth. Meditation is focusing your thoughts on something. Use a thought or scripture that speaks to you from this passage. Write about it and why it speaks to you. List specific actions that you need to take from the verse or thought.

Prayer Point:

Pray this scripture back to God, asking to specifically see its fruit and results in your life, or the lives closest to you.

21 Days of Prayer + Fasting

DAY 12

JAN 19

Devotional:

Jesus calls us friend. That is clear in scripture. (John 3:29) But a friend is only one thing that Jesus is. He is also called, the Beginning and the End (Rev. 21:6), the Lion of Judah (Rev. 5:5), the Lamb of God (John 1:36), The Son of Man (Matt. 9:6), King of Kings and Lord of Lords (Rev. 17:14).

We limit our prayers when we approach Jesus only as our best friend. Not only is Jesus our friend, but He is also the Great I am! This truth gave the disciples the strength to change the world. He was their friend, but Peter also confessed this truth, as revealed to him by the Holy Spirit:

“You are the Christ, the Son of the living God.” (Matt. 16:16)

Scripture Focus: Read Revelation 19:11-15

Key Verse: Choose the Verse that speaks most to you. Record it in your journal.

Journaling Guide:

Think through the verse you chose as the key verse using the SOAP acronym.

- Scripture: Record the scripture.
- Observation: What stands out to you about this verse.
- Application: How can you apply this scripture in your life?
- Prayer: Pray through the verse and ask God to help you apply it.

Prayer Points:

Today pray big bold prayers because The King of Kings has invited you to have an audience with Him. What will you ask Him for today?

21 Days of Prayer + Fasting

DAY 13

JAN 20

Devotional:

Now that you have an audience with the King, what case will you present to Him? We each have a case to build. We do this every day with employers, spouses, parents, and friends. Building a case with King Jesus is somewhat different because He knows what we will ask before we do. He alone knows the secrets of our hearts and where our desires originate. In addition to the desires that HE has placed in our hearts, we also have our own human desires. Our confidence in prayer isn't about who we are but who He is. We can pray confidently when we pray according to His will.

Scripture Focus: Read 1 John 5:13–15

Key Verse: 1 John 5:14

Journaling Guide:

What case do you need to present to God?

Prayer Points:

- Pray big and bold today! Look back at Day 10 and pray the promises you are claiming over your life in faith that He hears you!
- Pray through your Commitment Board and apply your faith!

21 Days of Prayer + Fasting

DAY 14

JAN 21

Devotional:

In the Old Testament, the High Priest was the one chosen to be the mediator between the people and God. He alone was given the privilege to have an audience with the Almighty God, and the Priest would make sacrifices for the people's sins and present their pleas. Jesus has made the ultimate sacrifice, and it's through His blood we are able to approach our Eternal God.

Boldness of heart is born in the understanding that we are baptized or immersed, into his death, and we now are born again, raised up to walk in new life. We are no longer children of this world, but children of God. When God moves, things change. This doesn't mean it will be easy. On the contrary, it'll be harder than we imagine, but His strength is perfect in our weakness. (2 Corinthians 12:9)

Scripture Focus: Read Hebrews 4:14-16

Key Verse: Hebrews 4:14

Journaling Guide:

- What areas have you lacked confidence in?
- What has made you feel unworthy? Caused shame? Guilt? Regret?
- What are your pain points?

Prayer Points:

Ask Jesus for the boldness to take a step forward. Ask Him to make you confident in the truth that His blood is enough to cover all of our sins, shame, and regret.

"Do not pray for easy lives. Pray to be stronger men. Do not pray for tasks equal to your powers, pray for powers equal to your task." -Phillip Brooks

21 Days of Prayer + Fasting

DAY 15

JAN 22

Devotional:

You've probably heard that familiar scripture that says, "Faith without works is dead." (James 2:17) And we have all nodded our heads in agreement and thought the same thoughts about the Church and how it should do something. But how often does that result in our own conviction to act, whether or not anyone else does?

Scripture Focus: Read James 2:14-26

Key Verse: James 2:17

Journaling Guide:

How often do we follow through and actually do something when we feel that God is leading us?

Prayer Points:

Today pray and read through this scripture again, ask the Holy Spirit to reveal the truth of what you are to do in light of all that Jesus has already done for you. Then ask Him for the boldness to take the first step.

"When we lay the soil of our hard lives open to the rain of grace and let joy penetrate our cracked and dry places, let joy soak into our broken skin and deep crevices, life grows. How can this not be the best thing for the world? For us?"

- Ann Voskamp

21 Days of Prayer + Fasting

DAY 16

JAN 23

Devotional:

some of the greatest battles in our lives are fought, won and lost on the battlefields of our minds. Our minds are our constant companions and the site of an invisible war between good and evil. The Apostle Paul most accurately said, "The good I want to do, I do not. However, evil is always present." (Romans 7:19) In other words what he was saying is, I desire to be more like God, I really try but I keep losing to the negativity in my heart and mind.

Scripture Focus: Romans 12:1-2

Key Verse: Romans 12:2

Journaling Prompt:

- What areas in your life do you think you are constantly losing?
- How can you change your thoughts about this area?
- What scriptures can you apply when negative thoughts come into your mind?

Prayer Points:

Begin your confession with the following statement and allow the Holy Spirit to guide you forward:

I am praying that God will continually renew my mind in the area of...

21 Days of Prayer + Fasting

DAY 17

JAN 24

Devotional:

Most of us have heard of how Moses led the Israelites out of Egypt and they ended up at the Red Sea. The sea was in front of them and the Egyptians were behind them; it seemed there was no hope of finding a way out. We often forget how God turned Moses' **greatest obstacle into his greatest opportunity** for success. It was because of the Red Sea that the Egyptians were defeated, and the Israelites were set free.

Obstacles are a part of life, and they always seem to throw themselves at us when we are trying to do something for God, or take an opportunity to innovate. The obstacles will look different for each of us, but if God is in it, we can trust that our obstacles are actually opportunities in disguise.

Every Red Sea we face is an opportunity for God to innovate through us so we [and others] can go where He has called us to go for our greater freedom, and His glory.

Scripture Focus: Read Exodus 3

Key Verse: Exodus 3:11

Journaling Guide:

- What obstacles are we facing at this time?
- What does He want us to know about them and how can we see them as opportunities for success?

Prayer Point:

Pray and present them to God and write down what we think, hear, see or feel.

21 Days of Prayer + Fasting

DAY 18

JAN 25

Devotional:

God loves us! Not only does God love us, but there is nothing – no event, thought, feeling, past trauma, or future fear, that could ever separate us from His love.

If no wrongs, worry, anxiety or doubt can stop God loving us, then why do we carry hearts full of fear, hoping that God doesn't see? Or store away our doubts, fearing that God will dismiss us if we bring them to Him? Fearing God is afraid of our mess, our imperfections, our sins.

God is not scared of the mess, imperfections, or wrongs in our lives, whether intentionally made, or by accident.

Sometimes we hide our failures in secret rooms, hoping that we can mask our shame, pain and disappointment. Thinking that if God saw our lives for what they truly are, His 'unconditional love' would be lost.

Scripture Focus: Read Romans 8:31–39

Key Verse: Romans 8:38–39

Journaling Guide:

- SOAP (Scripture-Observation-Application-Prayer) the Key Verses
- Are you carrying around things in our hearts that we don't want God to see?
- What fears or worries are you keeping to ourselves?

Prayer Points:

Today, create space to bring all the mess to God in prayer, knowing that He will love us no matter what, and write down what He has to say in response.

21 Days of Prayer + Fasting

DAY 19

JAN 26

Devotional:

God is always ready to hear our prayer. There are no rims or borders that can block the ears of God. Even time—that earthly reality through which we order and live our lives—has no jurisdiction over heaven. We know those rims and borders all too well in human life. We ‘do’ our lives by following the hands or digits on the clock.

Scripture Focus: Read Psalm 55

Key Verse: Psalm 55:17

Journaling Guide:

- What has been blocking your ears?
- What has been your pain point in your relationship with Christ?
- What has blocked you from praying? Reading your word?
- Create a plan to help you stay on task once we finish the fast

Prayer Points:

Pray over your journal entry for today. Ask God to increase your hunger and thirst for Him as we near the end of the fast.

21 Days of Prayer + Fasting

DAY 20

JAN 27

Devotional:

While prayer is often thought to be an individual activity born of private and internal difficulty, need, or sorrow, we don't ever really come before God alone. Much of our prayer will be in the silence of our own heart, but even there, the whole human family is present. What flows from our heart when we are in need may be our own private words, yet these words are part of the endless flow of words that are, or have been, cast toward heaven throughout time.

Scripture Focus: Read Acts 1

Key Verse: Acts 1:14a

Journaling Guide:

Take time today to simply pour out your heart on paper to God. Share with Him your joys, concerns, fears.

Prayer Points:

Pray over your journal and trust God to heal the broken areas and to give you the answers to your concerns.

21 Days of Prayer + Fasting

DAY 21

JAN 28

Devotional

It can simply be too much. Life, that is. Work, people, the media, the noise, the demands, the stress can squeeze out the energy and enthusiasm that should characterize the wonder all around us. We feel life has become like an old, lumpy, overstuffed chair that has long since lost its ability to provide comfort. We search about for an escape, a change, a way to turn the craziness into some semblance of order and peace. Yet it seems that there is nothing we can do.

This is where you will have to flex your newly gained faith muscles going forward. As we close out the fast, make it your goal to continue the new habits you have built. Jesus made it his business to get alone by himself and pray. We must have this same determination and focus.

Scripture Focus: Read Matthew 14:22–33

Key Verse: Matthew 14:23

Journaling Guide:

As you think about the end of the fast, create your plan to continue practicing your bible study and prayer discipline.

Prayer Points:

- Pray over your plan.
- Ask God for discipline to stay on track.
- Thank God for all He has done.