



## 21 DAYS OF PRAYER

Why would we start the year with the call to spend 21 days in prayer and fasting? It's because we take seriously Jesus' words in John 15:6, "For apart from Me, you can do nothing." We realize we will fail if we seek to do anything apart from Jesus.

In this little journal you will find practical tips on how to pray and fast. We have found that many people do not pray simply because they've never been taught! This journal will offer some practical ways to engage our Heavenly Father to pray.

It will also offer guidelines on how to fast. Many people have negative thoughts about fasting. But once people experience freeing themselves from things of earth to seek the greater things of God, fasting becomes, well, something to enjoy.

Finally, as you embark on this 21-day journey, we encourage you, don't see this as a religious duty, but as a relational time with your Father in Heaven who is madly, deeply in love with you. Expect these 21 days to be great, because God is great!

## How to Spend Time with God

We've all been there. Spending time alone with God in prayer can be awkward at first. Before getting into specifics about how to pray, there are a few basic principles we learn from the life of Jesus which will help cultivate a fruitful prayer time.

*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)*

- **Set a Specific 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.

- **Find a Certain Place**

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud. Some people like to sit; others kneel or stand; still others like to walk while praying. Find a place where you can spend alone time with God in a way that's natural for you.

- **Follow a Clear Plan**

Our minds can get easily wander in prayer. Having a clear plan can help focus our minds and minimize the wandering. We can always change the plan as the Holy Spirit leads. That's where freedom comes in and we do not want to become slaves to a ritual. This journal offers a few plans to help enhance your prayers.

## 24 Minutes of Prayer

The Scriptures encourage us to “pray without ceasing” (1 Thess. 5:17). Practically we cannot walk around with our heads down in prayer, but it does mean we can have a continuous attitude of prayer. Therefore we are encouraging you to set aside 24 minutes daily for focused prayer to symbolically represent our desire to have an attitude of prayer 24/7.

Using the acronym A.C.T.S. can help during your 24 minutes of prayer. Start by spending 6 minutes on each topic. Of course you can spend more, but we encourage you to stay consistent for the first week with the 6 minutes as you develop your prayer muscles. Once the consistency has set in, you can vary the length according to how the Holy Spirit leads you.

### **Adoration** (6 minutes)

Jesus calls us to worship the Lord God with all our soul, mind, heart, and strength (Mark 12:30). Here is your time to pour out your love for God. Proclaim God’s greatness to Him by using statements that begin with, “God you are \_\_\_\_\_.” Sing praises to Him (if you desire, use music to help). Raise your hands, kneel, bow down as expressions of your love. Engage your heart, body, and mind during this time.

### **Confession** (6 minutes)

There are two parts to confession. First, ask the Lord to search your heart and see if there are areas you need to claim Christ’s forgiveness for areas where you know you have not followed God’s path for you. Confess that you believe in His forgiveness and your desire to turn from these ways to

follow God’s good path for your life.

Secondly, confession also entails claiming your belief in the promises of God. Use the confession prayer and forgiveness prayer in this journal to confess the truth of God’s Word. Confess these truths over troubled areas in your life. Claim the promises of God.

### **Thanksgiving** (6 minutes)

To combat the negativity and entitlement that can so easily creep in to our lives, it is good to speak out to the Lord thankfulness for all the good in our lives. Spend time thanking Him for Family, Friends, Food, Forgiveness, and all the other blessings in your life. Be sure to thank God for difficulties too, because they can draw you close to Him. Verbally commit to an attitude of gratitude.

### **Supplication** (6 minutes)

An old word, but a good word; supplication means “the action of earnestly asking for something.” During this time earnestly share the desires of your heart. Stand in the gap for lost family and friends; seek favor over your health, finances, and career. Yes, the Lord knows what you need, but He still tells us to ask in Jesus’ Name, showing your trust and dependence on Him.

## Personal Prayer Targets

### Your Life

Pray for a closer relationship with God, that He would guide you to His will, and that He would draw you closer to His presence

### Your Family

Spouse, children, parents, siblings, extended family

### Your Church

Pastor, Life Group leader, friends, that God will give us with influence with the unreached in our community

### Other relationships

Employer, co-workers, close friends

### Those Who Need Relationship with God

Who are the “Top 2” people you’re praying for that they will submit their lives to Jesus?

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For those who need a relationship with God, pray...

-That the Father would draw them to Jesus

*No one can come to me unless the Father who sent me draws him (John 6:44).*

-That God would open their eyes to His truth

*The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God (2 Corinthians 4:4).*

- That other believers will cross their paths and enter into positive relationships with them

*Ask the Lord of the harvest, therefore, to send out workers into his harvest field (Matthew 9:38).*

## Scriptural Declarations & Prayers

Over and above your 24 minutes of prayer, praying the contents of Scripture back to God is another powerful tool. The reason is that when we pray God’s promises, we can be absolutely sure that they are true. Therefore, we can pray, and declare them back to the Lord, in absolute confidence!

Here are some examples...

### Declarations From Psalm 23

#### Monday

Psalm 23:1 “The LORD is my shepherd, I lack nothing.”

**Declaration #1- I belong to GOD and He is my provider!**

*You will never be OK with who you are until you fully realize whose you are!*

#### Tuesday

Psalm 23:2 “He makes me lie down in green pastures, he leads me beside quiet waters he refreshes my soul.”

**Declaration #2- I am RESTED and REFRESHED in Christ**

#### Wednesday

Psalm 23:3 “He guides me along the right paths for his name’s sake.”

**Declaration #3- I refuse to be STRESSED because God is ordaining my steps!**

#### Thursday

Psalm 23:4 “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.”

**Declaration #4- God has not and God will not abandon me.**

## Friday

Psalm 23:5 “You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.”

**Declaration #5- I will choose to believe what God SAYS about me over what others THINK about me!**

## Saturday

Psalm 23:6 “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.”

**Declaration #6- I will experience the GOODNESS OF GOD the rest of my life and into eternity**

Here are more examples of “Scripture prayers.”

## Spiritual Warfare Prayers

Prayer is not only communion with God; it is confrontation with the enemy. These prayers are very helpful in spiritual warfare.

*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 6:11-12).*

### The Armor Of God

(based on Ephesians 6:13-17)

“Thank You, Lord, for my salvation. I receive it in a new and fresh way from You and I declare that nothing can separate me from the love of Christ and the place I have in Your

kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all assaults against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me the truths I need today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.”

### The Weapons Of Warfare

(based on 2 Corinthians 10:4-5)

“Father, Your Word says that no weapon formed against me shall prosper (Isaiah 54:17). Therefore I declare that no weapon formed against me prospers this day or any day to come in Jesus’ name. Your Word says that trouble will not arise a second time (Nahum 1:9). Therefore I declare that Satan cannot make trouble for me again, in this manner, as he did in the past in Jesus’ name. I declare all of these prayers accomplished and brought to pass by trusting you through faith and expectation in the name of Jesus.

Lord Jesus, I confess to You all of my sins this day, yesterday and every day past. I repent and renounce them, those known and unknown, those of omission and commission, in what I have done and in what I have failed to do. I lay down at Your feet all of the sins of the flesh, the tongue, and of the heart, and

all unholy thoughts and actions. Thank You, Lord, for shedding Your precious blood for me.

I stand on Your Word. The enemy is driven out from before me, above me, around me, and below me; from my home, workplace, church and its ministries, children, and loved ones; from my works and labors, land, and my presence. I declare that he is not able to stand against me, and his works are taken captive and destroyed. No weapon formed against me will prosper, for the Spirit of the Lord shall raise a standard against them. I declare all of these things accomplished by Your Word. Jesus, my Lord, I give You thanksgiving, praise, glory, honor and worship for Your righteousness and holiness given to me by Your Word on my behalf.”

### **Protection Prayer**

(based on 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1,2)

“Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I submit myself only to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ. I pray and thank you for a sound mind, the mind of Christ.

### **General Confession Prayer**

(based on Romans 10:10; James 5:16; I John 1:7-9, 3:8)

“Lord Jesus, I believe that You are the Son of God. You are the Messiah, come in the flesh to destroy the works of the devil. You died on the cross for my sins and rose again the third day

from the dead. I now confess all my sins and repent. I receive your forgiveness and ask you to cleanse me from all sin. Thank You for redeeming me, cleansing me, justifying me, and sanctifying me in Your blood.”

### **Forgiveness Prayer**

(based on Matthew 6:14,15; Leviticus 19:18)

“Lord, I have a confession to make. I have not loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord, to help me forgive them. I do now forgive (name them). I also forgive and accept myself in the name of Jesus Christ.”

# Biblical Fasting

*And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.*

Jesus (Matthew 6:16)

Biblical fasting is voluntarily giving up something that our mind and flesh desire in order to refocus ourselves on God. It is a practical step every follower of Jesus can do to draw near to the grace He wants to pour out on us. There are two key parts to fasting:

- We give something up for a period of time – Food, Electronics, Social Media, etc.
- We gain something greater for eternity – A closer walk with God

## Why Fast?

Simply put: To draw closer to God. Prayer and fasting go together; as we humble ourselves with fasting we speak to God in prayer. And as we draw near to God His Word says that He will draw near to us (James 4:8). Plus Jesus just assumed we would fast as we seek to grow in our relationship with God (Matthew 6:16-18).

## Preparing to Fast

Spiritually – Set your heart right before the Lord. Do not think of fasting as *earning points* with God. Fasting is actually a *humbling* experience and God shows up

in powerful ways when we simply humble ourselves through fasting.

Physically – If you have never fasted from food or not in a long time, be wise. Options are listed below. Start slow and build up your spiritual strength over time. If you have health issues, skip only one meal or even just do an Electronics & Social Media fast until you can consult a doctor.

Emotionally – Do not underestimate the power of Satan and the flesh to wage war against you. The Evil One hates when we seek to draw near to God and will tempt you to quit. Fasting is not easy, but as you draw near to God He will give you the strength to overcome.

## Types of Fasts

Food Fast: *Partial Fast* – Skip one meal or one food/drink (chocolate, coffee, soda, etc.) for a period of time.  
*Juice Fast* – Drink only water, fruit and/or vegetable juice for a period of time.  
*Water Fast* – Drink only water for a period of time.

Electronics Fast: Give up things that would be a sacrifice for a period of time. This includes TV, DVDs, and Video Games for an extended period of time.

Social Networking Fast: Give up all social networking including Facebook, Snapchat, Twitter, and Instagram for an extended period of time and/or give up all texting for an extended period of time.

## Keys to a Successful Fast

1. Determine what you are fasting for. Do you need a breakthrough? An answer to prayer? Reconnect to God? Expect God to show up as you seek Him.
2. Determine the type of fast/length of time and make a commitment. Combine all three Types of Fasts to free yourself up for God.
3. Only tell people who need to know about your fast. Do not be a distraction to others; do not be proud of your “spirituality.”
4. Partner with someone. The Bible reminds us that two are better than one and mutual encouragement can help in fighting the temptation of the devil and flesh to quit.
5. Go slow on eliminating caffeine. Unless the Holy Spirit convicts you to go cold turkey, it is best to start with a partial fast and work up your stamina and eliminate any addiction.
6. Do not overindulge to end your fast. Maintain the spiritual discipline you started with your fast. Most often breakthroughs come after, not during your fast.

## The Goal

The goal of fasting is to humble yourself and spend the time you saved with Him. He’s waiting and ready to embrace you as you come to Him in prayer and fasting. Pray and ask the Holy Spirit to reveal what you will give up from your life these next 21 days in order to gain a closer relationship to the God who loves you.