



2024

21 DAY PRAYER & FASTING GUIDE

[CLICK HERE TO LEARN WHAT FASTING IS AND WHY WE PRACTICE IT](#)

Sundays: Marriages and other relationships
Mondays: Finances and other overwhelming needs
Tuesdays: Prodigals and other spiritual breakthroughs
Wednesdays: Health and losses
Thursdays: Salvation for the lost
Fridays: Direction and discernment
Saturdays: Encouragement to overcome: Fear, Depression,
Loss and Discouragement

January 7: Prayer focus-Marriages and other relationships

I Peter 4:8–Above all else love each other deeply because love covers a multitude of sins.

As you pray and fast today, invite God to show you who He wants you to love deeply. Consider what you can do in relationship with them to demonstrate to them the love you receive from God.

January 8: Prayer focus-Finances and other overwhelming needs

Matthew 6:21–For where your treasure is, there your heart will be also.

Take an assessment of what you treasure most. Consider what you've spent the most money on this past year. Do your expenses reflect your priorities? Invite God to be LORD of your finances this year.

January 9: Prayer focus--Prodigals and other spiritual breakthroughs

James 5:16–The earnest prayer of a righteous person has great power and produces wonderful results.

Thank God that your prayers have power, and they produce wonderful results; not because you are righteous but because you've been made righteous through Jesus' death on the cross and His resurrection from the dead. His righteousness is now yours. So, pray earnestly for those you know who've gone away from their faith knowing that your prayers have great power and produce wonderful results.

January 10: Prayer focus-Health and loss

Jeremiah 30:17–For I will restore health to you and heal you of your wounds.

Are you, or someone you love, suffering from health issues? Medical professionals practice medicine, but God is the ultimate Healer. Confess your confidence in Him and invite Him to bring healing.

January 11: Prayer focus–Salvation for the lost

Ephesians 2:8-9–For by grace you have been saved by faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

Salvation comes as a gift from the LORD. Ask God to zero in on those you know who need to know Jesus. Pray that He removes the blinders from their eyes so that they see and receive forgiveness and new life that Jesus is offering them.

January 12: Prayer focus–Direction and Discernment

Psalms 32:8–I will instruct you and teach you in the way you should go; I will counsel you with my eye on you.

Are you facing important decisions that will alter your life? Tell God that you will trust Him to guide you and invite Him to show you the “way you should go” during our fast.

January 13: Prayer focus—Encouragement to overcome fear, depression, loss and discouragement

Deuteronomy 31:8—The LORD himself goes before you and will be with you, He will never leave you nor forsake you. Do not be afraid; do not be discouraged.

If you, or someone you know is living under the load of discouragement, know this: The LORD will repair what is broken, redeem what is lost, and lift what is too heavy to bear. Tell Him that you trust Him and invite Him to do this for you or for your family members/friends. Send this verse to encourage them.

January 14: Prayer focus—Marriages and other relationships

I Thessalonians 5:11—Therefore encourage one another and build each other up, just as in fact you are doing.

Do you encourage your spouse? Your friends? Who could use encouragement today? How might you encourage them? Ask God to give you the words and actions that will encourage these people today.

January 15: Prayer focus—Finances and overwhelming needs

Malachi 3:10— Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the LORD Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.

Are your finances stretched thin? Do you live under the heavy burden of too much month and too little money? Do you tithe? Ask the LORD if there’s anything you need to do to demonstrate that you honor and trust Him with your finances. Listen and do whatever He says.

January 16: Prayer focus—Prodigals and other spiritual breakthroughs

Ephesians 6:12— 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.

Be reminded that people are not your problem. Our struggle isn’t against flesh and blood. Realize that Jesus has already defeated spiritual authorities. Declare your victory over strongholds in your life and in the lives of those whom you love. Wait and watch, you will see that victory play out soon.

January 17: Prayer focus—Health and loss

I Corinthians 6:19-20 – Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.

If you've invited Jesus to be your Savior, He is your LORD, and your body is the earthly dwelling place of the Holy Spirit. Ponder that for a minute. If you are facing health issues you can be certain that He is fully aware of those issues. If they are the result of poor choices, confess that you've done a poor job of honoring God with your body and invite Him to empower you to do better. If your health issues (or those of a loved one) are not the result of poor choices, know that God is using your body for His purposes. Yield yourself to Him and invite Him to keep your thoughts aligned with His perspective as you deal with your earthly body.

January 18: Prayer focus—Salvation for the lost

Luke 19:10—For the Son of Man came to seek and to save the lost.

As you speak the names of lost loved ones aloud, invite the Son of Man to save them. He is eager to save them, and He has put their names in your hearts today. Thank Him for hearing your prayer and bringing salvation to these people.

January 19: Prayer focus—Direction and discernment

Psalms 37:23—The LORD directs the steps of the godly, He delights in every detail of their lives.

No matter what you are facing, the LORD will guide you. He is eager to order [even] the details of your life. If you want Him to, God will get all up and in your business. Invite Him to direct your path this year.

January 20: Prayer focus—Encouragement to overcome fear, depression, loss and discouragement

Psalms 121:1-2—I will lift up my eyes to the mountains –where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

So many times, we look in and around for answers to the troubles we're facing. The psalmist reminds us that our help comes from the LORD. Thank Him for the help He's bringing and put your hope in Him as you discuss with Him the kind of help you need today.

January 21: Prayer focus—Marriages and other relationships

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.

We build worlds with our words. What might happen if we considered every word that comes out of our mouths and only spoke those that build others up? Ask God to forgive you for the words that tore down, and to fill your mouth today with words that build up.

January 22: Prayer focus—Finances and overwhelming needs

Matthew 6:24--No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

Consider your affections and ask yourself if there is anything (or anyone) you are enslaved to because you love it so much. Invite God to examine your heart. Confess to Him that you choose to serve Him alone.

January 23: Prayer focus—Prodigals and other spiritual breakthroughs

Isaiah 54:17-- “No weapon formed against you shall prosper, and every tongue which rises against you in judgment You shall condemn. This is the heritage of the servants of the LORD, and their righteousness is from Me,”
Says the LORD.”

Consider the weapons that have been formed against you. Thank God they will not prosper. Declare your victory over the things that are against you and sit with God until you know His righteousness and victory is yours.

January 24: Prayer focus—Health and losses

3 John 1:2-- Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

Thank God for your good health, and if you are struggling with your health (or a loss), invite Him to use this situation to make Himself known to you and those around you. Ask God for healing and wholeness so that you and your soul are getting along well.

January 25: Prayer focus—Salvation for the loss

John 3:16—For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life.

Thank God that He loves us, and that He also loves those who don't know Him yet, and those who have rejected Him as their Savior and LORD. Ask God to use you as you share the hope you have found in Jesus so that your words might be the tool God uses to reveal Himself to them.

January 26: Prayer focus—Direction and Discernment

Isaiah 42:16 “I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them.”

Thank God that He's doing the leading. Acknowledge that no matter what you're observing, God is working to answer your prayers. He's turning darkness to light and He's making the rough places smooth. Thank God for the future He has in mind for you and your family this year.

January 27: Prayer focus—Encouragement to overcome fear, depression, loss and discouragement

Matthew 11:28-- “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Thank God for this 21-day fast and for all that you've experienced. Commit now to take His yoke upon you today—to walk in step with Him throughout this coming year. Thank Him for the rest you will find for your soul.



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