

## WHY PRAY?

PRAYER IS OUR GREATEST WEAPON. NOT ONLY DOES IT DRAW US CLOSER TO GOD, IT UNLEASHES HIS POWER INTO OUR WORLD. THROUGH PRAYER WE LEARN THE HEART OF THE FATHER IN ALL THE MATTERS OF OUR WORLD AND THROUGH SPENDING TIME IN HIS PRESENCE, WE BEGIN TO BE CONFORMED MORE AND MORE INTO HIS IMAGE. THROUGH DISCIPLINE, PRAYER CHANGES FROM BEING A DUTY TO A DELIGHT. SIMPLY SAID, THE MORE YOU PRAY, THE MORE YOU WANT TO PRAY AND THE GREATER ITS IMPACT. WE WILL CONTINUE TO PRAY EVERY SATURDAY AT 8:00AM.

OUR HEAVENLY FATHER DESIRES OUR LOVE, OUR ATTENTION, OUR FELLOWSHIP, AND OUR WORSHIP, AND EACH OF THESE BEGINS IN AN ATTITUDE OF PRAYER. WHEN JESUS WAS ASKED BY THE DISCIPLES TO TEACH THEM HOW TO PRAY HE TAUGHT THEM WHAT WE NOW CALL, "THE LORD'S PRAYER." IN THAT PRAYER JESUS ACKNOWLEDGES THE SOVEREIGNTY OF GOD THEN PRAYS THAT GOD'S WILL AND KINGDOM WOULD COME TO EARTH AS IT IS IN HEAVEN. THROUGH PRAYER WE LITERALLY BRING GOD'S DESIRES AND KINGDOM FROM THE HEAVENLY REALM INTO OUR EARTHLY REALM.

# 21 DAYS PRAYER & FASTING

## WHY FAST?

FASTING IS AN ACT OF WILLING ABSTINENCE FROM SOMETHING FOR A PERIOD OF TIME FOR SPIRITUAL PURPOSES. IT IS A SPIRITUAL DISCIPLINE THAT ALLOWS ONE TO RESET AND REFOCUS ON GOD BY REMOVING SOMETHING THAT WE NORMALLY ENJOY. THE GOAL OF FASTING IS TO DRAW CLOSER TO GOD. BIBLICAL FASTING ALWAYS HAS TO DO WITH ELIMINATING DISTRACTIONS FOR A SPIRITUAL PURPOSE; IT HITS THE RESET BUTTON OF OUR SOUL AND RENEWS US FROM THE INSIDE OUT. IT ALSO ENABLES US TO CELEBRATE THE GOODNESS AND MERCY OF GOD AND PREPARE OUR HEARTS FOR ALL THE GOOD THINGS GOD DESIRES TO BRING INTO OUR LIVES.

REMEMBER, YOUR PERSONAL FAST SHOULD PRESENT A LEVEL OF CHALLENGE. IT IS VERY IMPORTANT TO KNOW YOUR BODY AND YOUR OPTIONS, BUT MOST IMPORTANTLY, TO SEEK GOD IN PRAYER AND FOLLOW WHAT THE HOLY SPIRIT LEADS YOU TO DO.

USE THIS GUIDE TO DIRECT YOU IN YOUR PRAYER AND FAST FOCUS. YOU MAY ALSO WANT TO FAST AND PRAY FOR YOUR FAMILY, FRIENDS, SOMEONE ELSE OR EVEN A PARTICULAR CIRCUMSTANCE OR SITUATION. WE WILL BE PRAYING AND FASTING CORPORATELY AT NOON MON-FRI AND SAT. AT 8AM. GOD REWARDS FASTING BECAUSE WHEN DONE WITH THE RIGHT HEART, IT CONFESSES THAT WE ARE HELPLESS WITHOUT HIM, AND WE REQUIRE HIM TO GIVE US THE HOPE WE NEED TO PRESS ON IN THE THINGS HE HAS PLANNED. THIS BRINGS GLORY TO GOD!

## WHAT THEY REQUIRE

USING WISDOM IS ALWAYS IMPORTANT IN FASTING

### TYPES OF FAST

#### DANIEL FAST

NO MEAT, SWEET FOODS, OR STRONG DRINKS (SEE DANIEL 10:2-3). THIS CAN BE DONE FOR AN EXTENDED PERIOD OF TIME. THIS COULD ALSO BE CONSIDERED A VEGETARIAN DIET BECAUSE THERE IS NO MEAT EATEN.

#### HALF-DAY FAST

THIS IS A 12 HOUR FAST WHERE YOU PICK THE SAME TIME TO START AND END. WHEN BREAKING THIS FAST YOU DO SO WITH A LIGHT MEAL (SEE ACTS 10:30-31).

#### PARTIAL FAST

THIS WOULD BE NOT EATING ONE MAIN MEAL YOU WOULD USUALLY EAT ON A DAILY ROUTINE, SUCH AS BREAKFAST, LUNCH, OR DINNER. THIS MEAL WOULD BE SKIPPED UNTIL THE FAST WAS OVER.

#### COMPLETE FAST

THIS WOULD REQUIRE YOU TO ABSTAIN FROM ALL SOLID FOODS, LIQUIDS ONLY. WHEN JESUS FASTED IN THE DESERT, THE BIBLE SAYS, "AFTER FASTING FORTY DAYS AND FORTY NIGHTS, HE WAS HUNGRY." THIS VERSE DOES NOT MENTION JESUS BEING THIRSTY (SEE LUKE 4:1-2).

#### TOTAL FAST

THIS IS A FULL AND COMPLETE FAST, NO FOOD OR DRINK. ACTS 9:9 DESCRIBES WHEN PAUL WENT ON A FULL FAST FOR THREE DAYS FOLLOWING HIS ENCOUNTER WITH JESUS ON THE ROAD TO DAMASCUS. ESTHER ALSO CALLED FOR THIS TYPE OF FAST IN ESTHER 4:15-16. THIS TYPE OF FAST SHOULD BE DONE WITH EXTREME CAUTION AND NOT FOR EXTENDED PERIODS OF TIME.

#### JUICE FAST

THIS IS A FAST WHERE ONLY FRESH FRUITS AND VEGETABLES ARE USED. IF YOU CAN'T JUICE YOUR OWN FRUITS OR VEGGIES TRY BUYING JUICES WITHOUT SUGAR OR ADDITIVES. WHEN USING FRUITS THAT ARE ACIDIC, SUCH AS LEMONS, ORANGES, AND EVEN TOMATOES, DILUTE THEM WITH WATER FOR YOUR STOMACH'S SAKE.

#### OTHER

ALTHOUGH NOT MENTIONED IN THE BIBLE, WE AS DISCIPLES OF JESUS TODAY CAN

ALSO COMMIT TO FASTING FROM OTHER ACTIVITIES:

- ☒ ELECTRONICS
- ☒ COMPUTERS
- ☒ TV
- ☒ VIDEO GAMES
- ☒ LIMITED CELL PHONE USE IF POSSIBLE

\*TRY TO GIVE UP SOME ENTERTAINMENT LIKE SPORTS AND MOVIES AND FOCUS MORE ON PRAYER AND STUDYING THE WORD OF GOD DURING THE TIMES WE DO SOME OF THE MENTIONED ACTIVITIES.



# 21 DAY PRAYER DEVOTIONALS

## Day 1

### BE LIKE JESUS: Phil 2:5-13

**Ponder:** God loves us just the way we are, but He refuses to leave us that way. We need to be more like Jesus.

**Question:** What does it mean to you to be more like Him?

**Action Step:** What will you do today to be more like Him?

## Day 2

### THE DEITY OF THE HOLY SPIRIT: THE HEART OF JESUS: Matt 11:28-30

**Ponder:** Jesus heart was Pure, Peaceful and Purposeful.

**Question:** How is Jesus transforming your heart?

**Action Step:** Ask Him to cleanse your heart from -----?

## Day 3

### THE HEART OF HUMANITY: 2 Cor 3:16-18

**Ponder:** If you have given your heart to Jesus, He has given Himself to you. He has made your

**Question:** What would it mean to you to reflect His glory?

**Action Step:** Who can you show His heart to today?

## Day 4

### THE CONSTANT HEART: 1 Cor 13:4-7

**Ponder:** Jesus loved His disciples completely, despite their inadequacies and deficiencies.

**Question:** What characteristic of the love of Jesus is demonstrated in your life.

**Action Step:** Who do you need to show love or forgiveness to today?

## Day 5

### THE TOWEL AND BASIN: John 13:1-17

**Ponder:** Jesus washed the disciples feet, including Judas.

**Question:** What was the message Jesus was sending to His disciples when washing their feet?

**Action Step:** How are you symbolically washing the feet of an enemy?

## Day 6

### THE FORGIVING HEART: Colossians 3:12-17

**Ponder:** Try shifting your glance away from the one who hurt you and setting your eyes on Him who saved you.

**Question:** What is your tendency: To flee, fight or forgive?

**Action Step:** Who in your life needs mercy from you?

## Day 7

### LOOKING FOR COMPASSION: Matthew 8: 1-4

**Ponder:** In scripture the leper is symbolic of the ultimate outcast: infected by a condition he did not seek, rejected, by those he knew, avoided by people he did not know, condemned to a future he could not bear. But not by Jesus!

**Question:** In what situation in life have you felt "quarantined?"

**Action Step:** Ask Jesus to address the deepest longing in you.

## Day 8

### THE COMPASSION HEART: Colossians 3:11-13

**Ponder:** If your fear of doing the wrong thing prevents you from doing anything, keep in mind the lepers of the world.

**Question:** In what ways has Jesus responded to the "untouchable" areas of your life.

**Action Step:** What do you need to add or take away today to make you more compassionate like Jesus?

## Day 9

### LISTENING TO THE HEART OF JESUS: Joshua 1:6-9

**Ponder:** Equipped with the right tools, we can learn to listen to God: A regular time/place, an open Bible, and listening heart.

**Question:** How will you know when you are practicing a listening heart?

**Action Step:** What time and place do you need to establish to spend quality time with Jesus.

## Day 10

### HEARING GOD'S MUSIC: Matthew 13:16-17

**Ponder:** Some find music for life, but others live in silence. To those who miss the music, the musician gives the same appeal: "let the man who has ears to hear use them."

**Question:** What does Jesus' music sound like to you?

**Action Step:** Take a few moments to give appreciation to God for His love to you.

## Day 11

### GOD'S TRANSLATOR: Colossians 1:15-18

**Ponder:** Jesus relationship with God went far deeper than a daily appointment. Jesus was always aware of the Father's presence.

**Question:** What does it mean to you to have fellowship with God the Father and God the Son?

**Action Step:** Ask the Lord to help you recognize His presence over the next couple of days.

## Day 12

### THE INTIMATE HEART: John 15:1-8

**Ponder:** God desires to be as close to us as a branch is to a vine. Separation means certain death.

**Question:** What would Jesus expect from us if He is our constant companion?

**Action Step:** What habit do you have that may be negatively impacting your intimacy with Jesus? Confess it to Him today.

## Day 13

### PRACTICING INTIMACY: Psalm 5:1-3

**Ponder:** Before you face the day, face the Father! As you step out of bed step into His presence.

**Question:** What places and regular events in your life might be candidates for transformation into times with God?

**Action Step:** Talk to another believer this week about his or her experiences in practicing intimacy with God.

## Day 14

### A WORSHIP HUNGRY HEART: 2 Cor 3:12-18

**Ponder:** Not only does God change the face of those who worship; He changes those who watch us worship.

**Question:** How do you prepare for worship? What do you want to express to God as you gather with other believers?

**Action Step:** Choose a time daily to worship and stick to it!

## Day 15

### THE HEART ON TARGET: Philippians 3:12-14

**Ponder:** One of the incredible abilities of Jesus was to stay on target. His life never got off track!

**Question:** What part of your life tend to distract your heart the most.

**Action Step:** Pray for someone who may have gotten off course.

## Day 16

### FOUR HEART QUESTIONS: Jeremiah 17:9-10

**Ponder:** Am I fitting God's Plan? What are my Longings? What are my Abilities? Am I serving God Now?

**Question:** Are you ready to do great things for God?

**Action Step:** Sit down and answer the 4 questions.

## Day 17

### AN HONEST HEART: Psalm 51:1-6

**Ponder:** Our Master has a strict honor code. From Genesis to Revelation the theme is the same: God loves the truth and hates deceit.

**Question:** In what areas of your life do you find truthfulness to be a recurring challenge and a growing edge?

**Action Step:** Ask the Lord to help you see where dishonesty have invaded a relationship in **your life and to take steps to set things right.**

## Day 18

### A GUARDED HEART: Proverbs 4:20-23

**Ponder:** Jesus guarded His heart. If He did, shouldn't we be the same?

**Question:** How does though management go together with heart management?

**Action Step:** Is there anything in your heart that needs to be surrendered to Jesus? Will you do it now?

## Day 19

### THE HOPE FILLED HEART: Matthew 6:22-23

**Ponder:** Jesus wasn't oblivious to trash; He just wasn't limited to it. Somehow He was able to see good in the bad, the purpose in the pain, and God's presence in the problem.

**Question:** Describe what you understand to be the experience of a hope filled heart?

**Action Step:** Ask the Lord to remind you in moments of discomfort and suffering to begin the hope process by rejoicing.

## Day 20

### A REJOICING HEART: Isaiah 61:10

**Ponder:** Jesus is the happiest when the Lost are Found!

**Question:** Try to picture the reaction in heaven the day you responded to the gospel invitation?

**Action Step:** Make a list of people who have not given their hearts to Jesus and begin praying for them.

## Day 21

### A HEART FIXED ON JESUS: Ephesians 1:15-22

**Ponder:** Let us fix our eyes on Jesus, the author and perfecter of our faith. Hebrews 12:2

**Question:** What's the first thing you see when you fix your eyes on Jesus?

**Action Step:** What is blocking your view of Jesus? Ask Him to change your focus.

