

21 Days of Prayer & Fasting

| Prayer Guide



Daily Focuses

Each day, we will explore specific prayer focuses that align with various aspects of our lives. These daily themes will guide our prayers and reflections, as well as unify our church family!

Open Prayer

Kicking off January 4th, the church will be open from 8am to 4pm Monday-Thursday until the end of the 21 Days. We encourage you to use this time and space to connect with God, dedicating the beginning of your day to Him.

Revival Nights

We'll have three gatherings during the **21 Days of Prayer**, each focused on worship as well as personal and corporate prayer. As we come together to focus our attention on God, we believe we will experience a powerful move of the Holy Spirit!

January Revival Nights:

- **Wednesday, January 7 at 7pm**
- **Wednesday, January 14 at 7pm**
- **Wednesday, January 21 at 7pm**

After our 21 Days of Prayer and Fasting conclude, we will continue to have Revival Nights throughout the year as opportunities for our church to encounter God and pursue renewal together.

No matter where you are in your relationship with God, we invite you to participate in **21 Days of Prayer this January** and experience an outpouring of His presence as you kick off your year!

For more information on 21 days of prayer and fasting, check out our website HopeFront.com/21days.

How To Fast

"But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." - Matthew 6:17-18

What is Fasting?

Fasting is a spiritual discipline that connects us to God and helps us disconnect from the noise of the world around us. It's a practice that releases God's supernatural power into our lives as we express dependence on Him.

Why Should I Fast?

When we combine prayer and fasting, we practice biblical values that Jesus first modeled for us throughout the bible. Fasting is an act of intimacy with the Father. When we choose to fast, we are sacrificing one of our most essential daily routines. We are trusting that God will meet us in our hunger, and that we will be nourished by His Word. We do not fast to get something from God, but to know Him in a new and deeper way.

Before starting your fast, take time to pray through which type is best for you.

Complete Fast | In this kind of fast, you abstain from all food and consume liquids only.

Selective Fast | Removing certain elements from your diet, like bread, sugar, meat, etc. Another example is the Daniel's Fast which focuses on only consuming fruits, vegetables, whole grains, and water.

Partial Fast | Only eating in a certain window of time. Another term for this is intermittent fasting.

Soul Fast | This is where you remove things other than food that have become distractions (social media, TV, etc.)

Theme Verse

| Joshua 24:15

"As for me and my house, we will serve the Lord."

Week 1

“As For Me”

My Heart, Needs, Walk With God

Day 1: Relationship with God

| James 4:8 (NIV)

“Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.”

Day 2: Repentance

| 1 John 1:9 (NIV)

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Day 3: Wisdom and Guidance

| James 1:5 (NIV)

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”

Day 4: Strength and Perseverance

| Philippians 4:13 (NIV)

“I can do all this through him who gives me strength.”

Day 5: Fruit of the Holy Spirit

| Galatians 5:22–23 (NIV)

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

Day 6: Character and Integrity

| Proverbs 10:9 (NIV)

“Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.”

Day 7: Spiritual Gifts

| 1 Peter 4:10 (NIV)

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”

Week 2

“My House”

My Family

Day 8: Salvation for Family Members

| Acts 16:31 (NIV)

“They replied, ‘Believe in the Lord Jesus, and you will be saved—you and your household.’”

Day 9: Unity and Forgiveness

| Colossians 3:13 (NIV)

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

Day 10: Protection and Provision

| Psalm 23:1 (NIV)

“The Lord is my shepherd, I lack nothing.”

Day 11: Wisdom for Parenting

| Proverbs 22:6 (NIV)

“Start children off on the way they should go, and even when they are old they will not turn from it.”

Day 12: Health in Marriage

| 1 Peter 4:8 (NIV)

“Above all, love each other deeply, because love covers over a multitude of sins.”

Day 13: Vision for the Future

| Proverbs 16:3 (NIV)

“Commit to the Lord whatever you do, and he will establish your plans.”

Day 14: Witness to Others

| Matthew 5:16 (NIV)

“In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

Week 3

“Serve the Lord”

Church, Community & World

Day 15: Church Leadership

| Hebrews 13:7 (NIV)

“Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.”

Day 16: Purpose and Calling

| Ephesians 2:10 (NIV)

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

Day 17: Government Leaders

| 1 Timothy 2:1-2 (NIV)

“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.”

Day 18: The Lost and Unreached

| Luke 19:10 (NIV)

“For the Son of Man came to seek and to save the lost.”

Day 19: Missionaries and Global Impact

| Mark 16:15 (NIV)

“He said to them, ‘Go into all the world and preach the gospel to all creation.’”

Day 20: Revival in Our Church

| Psalm 85:6 (NIV)

“Will you not revive us again, that your people may rejoice in you?”

Day 21: Revival in Our World

| Joel 2:28 (NIV)

“And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.”

