

21 DAYS OF PRAYER



AUG 3-23, 2025
MON-FRI • 7-8AM
SAT • 9-10AM
MAIN AUDITORIUM

We will be a pray first people - the kind of church that makes God's presence our first priority. At Atmosphere, prayer isn't our last resort, but rather our first response. It's who we are - a people that seek God's face, knowing that prayer changes everything.

As a church, we have set apart two seasons for prayer and fasting - January & August. Each last 21 days, helping to create new spiritual rhythms and habits in our lives.

Join us Monday through Friday for morning prayer at 7:00AM (Saturdays at 9:00am) in the main auditorium. Together we will faithfully seek God first, trusting in His power alone to create lasting impact in our lives, our church, and our world.

21 DAYS OF
PRAYER

DAILY PRAYER TOPICS

Gather around different prayer topics in our community and world.

WEEK 1 RESET

Day 1 - Return

Ask The Holy Spirit to identify and remove areas of personal complacency and compromise.

Day 2 - Repent

Ask The Holy Spirit to reveal any unconfessed sin in your life. Confess and repent--turning toward God and his grace.

Day 3 - Unplug

Disconnect from the world and lesser distractions. Remove TV/Social media from your life where the Lord leads.

Day 4 - Praise

Give thanks to God continually, every day and in all circumstances.

Day 5 - Names

Study and reflect on the names and attributes of God.

Day 6 - Surrender

Give God your plans, your dreams, and your worries- completely submitting to His will and way.

Day 7 - Declare

God's victory over your sin, your fears, and your future.

WEEK 2 RESTORE

Day 1 - Physical Healing

Those in need of healing in their bodies would be completely healed and whole from all sickness, disease and infirmities.

Day 2 - Mental + Emotional Health

Those suffering from depression, anxiety, suicidal thoughts, personality disorders, etc., would experience complete freedom in their mind.

Day 3 - Forgiveness

Seek forgiveness from all whom you've offended and forgive all who have hurt you. Seek restoration where God leads.

Day 4 - Marriages

Forgiveness, unity, restoration and reconciliation of marriages so that we can see the divorce rate plummet in our region.

Day 5 - Sexual integrity

Freedom from sexual bondage, and cycles of guilt and shame.

Day 6 - Addiction

The grip of drugs, alcohol, pornography, gambling, etc. would be broken off peoples lives and they would be set free once and for all.

Day 7 - Unbelieving Family and Friends

A wave of salvation would blow through our cities, and we would see our lost friends and family members surrender their lives to Jesus Christ.

WEEK 3 REVIVE

Day 1 - Foster Care

The Church would be the answer, more families would say yes to being a safe and loving home to children in need.

Day 2 - The Poor

Give us a heart for the least of these.

Day 3 - The Nations

Every tribe and tongue. Pursuing racial reconciliation and embracing diversity in our church.

Day 4 - Our Government

Leadership, school systems, the economy, etc.

Day 5 - Pastors and Leaders

Raise up pure-hearted, passionate, and humble leaders to lead the next generation.

Day 6 - The Next Generation

Future world changers to be raised up and empowered to see the greatest revival of all time.

Day 7 - Our City

Thousand Oaks would be a city flooded by the outpouring of God's presence, bringing a tsunami of God's love that will spread across our valley and beyond.

WHY PRAY?

The power of prayer deepens our dependence on Him and sharpens our faith. When we pray we choose to put everything in God's hands knowing that His hand will show up in every aspect of our lives and in those around us.

The act of prayer is what creates our intimacy with God. We can practice the spiritual habit of prayer knowing that our requests go to a God who hears us and who invites us to be intimately involved in His plan. For this reason, we pray in confidence knowing that our prayers are powerful and can bring about change in any circumstance.

Prayer is for everyone. We all can enter prayer with a posture of trust, openness, and faith, believing that God can do far more than we could even ask or imagine. It's not about our circumstances, it's about our heart stance.

Prayer **SHARPENS OUR FAITH**

Prayer creates **DEEPER INTIMACY** with God

Prayer is powerful and **BRINGS ABOUT CHANGE**

WHY FAST?

Fasting is the ancient practice of choosing to abstain from food for a certain period of time. It is a spiritual discipline, the purpose of which is training to become more like Jesus. The motivation of our fasting is to draw closer to the heart of God. Fasting helps us to break the power of the flesh in our life – our desires, sins, and cravings – and to feed on the Holy Spirit.

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 prepares our hearts for all the good things God desires to bring into our lives.

"FASTING HELPS US TO EXPRESS, TO DEEPEN, AND TO CONFIRM THE RESOLUTION THAT WE ARE READY TO SACRIFICE ANYTHING, EVEN OURSELVES, TO ATTAIN THE KINGDOM OF GOD."
-SCOT MCKNIGHT

Fasting **DISCONNECTS** us from the distractions of the world and **RECONNECTS** us with God.

We don't fast to get more of God, but to **GIVE** more of ourselves to God.
We don't fast merely for personal breakthrough, but to **BREAK THROUGH** whatever may be keeping us from God's best.

Scripture References:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14, Acts 27:33-37, Nehemiah 9:1-3

TYPES OF FAST

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do. If it means something to you, it means something to God.

Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option. An option could be doing a complete fast for the first or last three days of the fast.

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, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food. Another option is something like the Whole 30 Eating Program, during which you remove dairy, grains, sugar, legumes, alcohol, pasta, bread, processed additives, french fries, and potato chips.

Partial Fast

This fast 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.

******In addition to fasting from food and certain types of beverages, we recommend considering a TV/Social Media Fast—choosing to abstain from certain technologies for a specific period of time.

MORE RESOURCES

21 DAYS OF PRAYER & FASTING DEVOTIONAL:



21 DAYS OF PRAYER WORSHIP PLAYLIST:



OTHER BIBLE PLANS / BIBLE APP:

- Dangerous Prayers, by Craig Groeschel
- A 7-Day Guide to Prayer, by YouVersion
- Send Revival, by James River Church