

# 21 DAYS OF PRAYER & FASTING

*The following are general prayer points you can pray for each of the 21 Days.*

**Humble Ourselves.** Asking for forgiveness for our sins and the sins of our land.

**Seeking God.** Declaring our dependence on God in every area of our lives.

**His Kingdom Come.** Praying for the completion of the Great Commission and for revival in our generation.

**Hear from Heaven.** Inviting the Presence of God in our church and our lives (souls saved, signs, wonders, miracles, and transformed lives.)

**Next Steps.** Praying for all people in their journey of faith to Know God, Find Freedom, Discover Purpose, and Make a Difference

## FASTING

Fasting is saying no to feeding your body, so you can say yes to feeding your spirit. It helps us celebrate the goodness and mercy of God and prepares our hearts for all the things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to follow what the Holy Spirit leads you to do.

## TYPES OF FASTS

### Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

### 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.

### Partial Fast

This fast is sometimes called the "Jewish Fast" and 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.

### Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

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## DAILY PRAYER FOCUS

**DAY 1: Sunday, January 5<sup>th</sup>**

**SUNDAY SERVICES**

**DAY 2: Monday, January 6<sup>th</sup>**

**PRAYER: OUR POLITICAL LEADERS**

**DAY 3: Tuesday, January 7<sup>th</sup>**

**PRAYER: OUR CHURCH LEADERS**

**DAY 4: Wednesday, January 8<sup>th</sup>**

**PRAYER: MY CITY**

**DAY 5: Thursday, January 9<sup>th</sup>**

**PRAYER: LOCAL MINISTRIES**

**DAY 6: Friday, January 10<sup>th</sup>**

**PRAYER: NATIONAL OUTREACH**

**DAY 7: Saturday, January 11<sup>th</sup>**

**PRAYER: GLOBAL MISSIONS**

**DAY 8: Sunday, January 12<sup>th</sup>**

**SUNDAY SERVICES**

**DAY 9: Monday, January 13<sup>th</sup>**

**PRAYER: THE LOST**

**DAY 10: Tuesday, January 14<sup>th</sup>**

**PRAYER: SMALL GROUPS**

**DAY 11: Wednesday, January 15<sup>th</sup>**

**PRAYER: GROWTH TRACK**

**DAY 12: Thursday, January 16<sup>th</sup>**

**PRAYER: DREAM TEAM**

**DAY 13: Friday, January 17<sup>th</sup>**

**PRAYER: KIDS, STUDENTS & YOUNG ADULTS**

**DAY 14: Saturday, January 18<sup>th</sup>**

**PRAYER: FAMILIES & MARRIAGES**

**DAY 15: Sunday, January 19<sup>th</sup>**

**SUNDAY SERVICES**

**DAY 16: Monday, January 20<sup>th</sup>**

**PRAYER: MY CHURCH**

**DAY 17: Tuesday, January 21<sup>st</sup>**

**PRAYER: MY VISION FOR 2025**

**DAY 18: Wednesday, January 22<sup>nd</sup>**

**PRAYER: PLACE OF INFLUENCE**

**DAY 19: Thursday, January 23<sup>rd</sup>**

**PRAYER: MY PERSONAL FREEDOM**

**DAY 20: Friday, January 24<sup>th</sup>**

**PRAYER: MY NEEDS**

**DAY 21: Saturday, January 25<sup>th</sup>**

**FINAL RALLY CELEBRATION**