



21 DAYS  
*of*  
**PRAYER**



# HOW DO I PRAY & FAST?

In over fifty references to fasting in the Scripture, there is no specific command to fast, with the exception of the Day of Atonement during the Jewish feast. In the New Testament it was assumed that fasting would be a part of the normal devotional life of the believer.

*“When you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.”* **Matthew 6:16**

## THE FOUR TYPES OF FASTS REFERRED TO IN THE BIBLE:

**NORMAL FAST:** going without food for up to 40 days (Exodus 34:28; Ezra 8:21, 23; Daniel 6:18; Luke 2:37; Mark 2:18; Matthew 4:2; Acts 13:2-3, 14:23 and others).

**PARTIAL FAST:** abstaining from certain foods (Daniel 10:3).

**ABSOLUTE FAST:** going without food or water no more than 3 days. (Esther 4:16—this is very rare in the Bible.)

**VOLUNTARY GROUP FAST:** called for a specific reason for a specific group of people (1 Samuel 7:6; 2 Chronicles 20:3; Jonah 3:5 and others).

**DEFINITION OF FASTING:** Going without food, water, or specific meals and activities for the purpose of spiritual renewal and focus.

## IT'S IMPORTANT TO REMEMBER...

### SOME MAJOR POINTS TO THE PURPOSE OF FASTING

- Fasting is not so much about food as it is about focus.
- Fasting is not so much about saying no to the body as it is about saying yes to the Spirit.
- Fasting is not about doing without, it is about looking within.
- Fasting is an outward response to an inward attitude and cry of the soul.

WEEK 1  
**PRAY FOR SELF**  
THE HOLINESS OF GOD IN OUR LIVES

**DAY 1**

**Hunger:** As you begin fasting, pray that you would have a hunger for the things of God... his Word, his righteousness, his will.

*“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”* **Matthew 5:6**

**DAY 2**

**Repentance:** Spend some time reflecting on your areas of weakness. Do you have unconfessed sin? Are there actions you need to change? Repentance means an internal change of heart that leads to an external change of action. Confess your sin and allow Christ to change your actions.

*“For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.”* **2 Corinthians 7:10**

**DAY 3**

**Brokenness:** Fasting is certainly difficult. As a result, brokenness is not only possible, but expected. As you pray, allow God to break you as he desires. Remember that brokenness before God leads to a deeper understanding of blessedness in God.

*“The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.”* **Psalms 51:17**

## DAY 4

**Temptation:** Fasting puts you in direct conflict with the enemy of this age, Satan. This battle is not about food, drink, or activity, but is a battle for the focus of your soul. Take a moment and ask the Lord to give you strength to endure temptation.

*“Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”* **Ephesians 6:10-11**

## DAY 5

**Grace:** Grace is not only what we need for salvation, but it’s also extremely necessary for strength and focus. Grace not only saves, but delivers. Pray for an overwhelming understanding of God’s grace toward you.

*“My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”* **2 Corinthians 12:9**

## DAY 6

**Contentment:** Fasting always reminds us of what we actually have. Food is readily available in our culture. In fact there is abundance. Learn contentment without complacency. Are you finding yourself content?

*“Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.”* **Philippians 4:11-12**

## DAY 7

**Faith:** Faith isn’t merely realizing there are better days ahead—it’s what is necessary to get there. Pray for your faith to increase during this journey.

*“And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.”* **Hebrews 11:6**

WEEK 2

# PRAY FOR THE CHURCH

## THE PRAISE OF GOD IN THE CHURCH

### DAY 8

**Unity and Harmony of the Church:** Pray for Pathway and area churches to be unified in our purpose to make disciples.

*“I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called... eager to maintain the unity of the Spirit in the bond of peace.”* **Ephesians 4:1,3**

### DAY 9

**Purpose and Vision of the Church:** Pray for both the Church’s vision and purpose of making disciples by leading people to the truth that transforms lives in northeast Indiana and around the world... and for your role in fulfilling that vision.

*“...The whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.”* **Ephesians 4:15-16**

### DAY 10

**Church Leaders for Wisdom and Direction:** Pray for Pathway pastors, directors, elders, and area leaders, that they would be filled with God’s wisdom and direction for the Church, that they would have bold vision and strategic planning for the Kingdom of God.

*“Remember your leaders, those who spoke to you the word of God. Consider the outcome of their way of life, and imitate their faith.”* **Hebrews 13:7**

# DAY 11

**Protection from Division, Strife, and False Doctrine:** The reality is all eyes are on the Church. The potential for division and disruption is high. Pray for protection for the Church family.

*“Oh that you would bless me and enlarge my border, and that your hand might be with me, and that you would keep me from harm so that it might not bring me pain!” And God granted what he asked.” 1 Chronicles 4:10*

# DAY 12

**Marriages and Families in the Body of Christ:** The health of the Church is defined by the health of the family. Marriage and family are under grave attack. Pray for marriages and families in our church and area.

*“...praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints.” Ephesians 6:18*

# DAY 13

**Missionaries Around the World:** Pray for the spread of the gospel around the world and for missionaries on the front lines of church-planting, Bible training, and compassion ministries.

*“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.” Matthew 28:18-20*

# DAY 14

**An Increase in the Body of Christ:** Pray that there would be an increase of both un-churched and de-churched people (the lost) making decisions for Christ and serving the body of Christ.

*“This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth.” 1 Timothy 2:3-4*

## WEEK 3

# PRAY FOR THE NATION(S)

## THE GLORY OF GOD IN THE NATIONS

### DAY 15

**National and World Leaders:** Pray for the president, Congress, and world leaders... for peace and wisdom as they lead the nation.

*“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.”* **1 Timothy 2:1-2**

### DAY 16

**Regional Leadership:** Pray for our state, county, and city leaders to have wisdom and focus fiscally and morally.

*“But seek the welfare of the city where I have sent you into exile, and pray to the LORD on its behalf, for in its welfare you will find your welfare.”* **Jeremiah 29:7**

### DAY 17

**National and World Events:** Spend some time praying for local, national, and world events as mentioned in the news. Consider how Christ might be seen and glorified through these difficult times.

*“Far be it from you to do such a thing, to put the righteous to death with the wicked, so that the righteous fare as the wicked! Far be that from you! Shall not the Judge of all the earth do what is just?”* **Genesis 18:25**

# DAY 18

**National and Regional Renewal (Revival):** Pray for national and local renewal and for a greater awareness of the need of Jesus Christ.

*“Will you not revive us again, that your people may rejoice in you?”* **Psalm 85:6**

# DAY 19

**Peace Among the Nations:** Pray for the nations of the world to experience the peace of Christ, that even those who are experiencing chaos and turmoil would seek the glory and peace of Christ.

*“Declare his glory among the nations, his marvelous works among all the peoples!”*

**Psalm 96:3**

# DAY 20

**Pray for the Spread of the Gospel to Foreign Nations:** Pray that the gospel would be shared to every nation, especially the unreached people groups of the world. Pray for church planters and missionaries to be sent to these far-reaching areas.

*“For not only has the word of the Lord sounded forth from you in Macedonia and Achaia, but your faith in God has gone forth everywhere, so that we need not say anything.”*

**1 Thessalonians 1:8**

# DAY 21

**Pray for the Persecuted Church Around the World:** Consider and pray for our brothers and sisters facing persecution around the world. Pray for endurance and strength to stay faithful to the gospel.

*“Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body.”* **Hebrews 13:3**



Adapted from a resource provided by Crossroads Community Church.