



TWENTY ONE DAYS OF PRAYER AND FASTING

JOURNAL

WHAT IS FASTING?

Biblical fasting is giving up a specific food, drink, or behavior for a specified number of days for a specific purpose. Simply put, fasting is a way to conquer the physical and open the door to the supernatural in your life.

WHY FAST?

In Matthew 6, Jesus gives us a specific direction on how to live a successful, powerful life. Jesus said, "When you give"... "When you pray"... "When you fast"... He made it clear that fasting, like giving and praying, is a normal part of Christian life and that we should develop the skill of fasting.

TYPES OF FAST

FULL

Drink only liquids (you establish the number of days).

PARTIAL

A partial fast is from 6:00 am to 3:00 pm or from sun up to sun down. You can select from three types of fasting — a Full Fast, Daniel Fast, or give up at least one item of food.

DANIEL

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits, nuts, and vegetables.

CORPORATE

A fast that is done church-wide as called by Pastor.

PRIVATE

A personal fast that is called by God.

WHAT ARE YOU FASTING?

WHAT ARE YOU BELIEVING GOD FOR?



The merciful, kind, and generous man benefits himself [for his deeds return to bless him], but he who is cruel and callous [to the wants of others] brings on himself retribution.

PROVERBS 11:17 (AMPC)

REFLECTION QUESTION

WHAT WAYS COULD I HELP OTHERS THIS WEEK?

OTHERS THIS WEEK?	
TAKEAWAY FROM TODAY'S DEVOTIONAL:	
TODAY I AM GRATEFUL FOR:	

Anxiety in a man's heart weighs it down, but an encouraging word makes it glad.

PROVERBS 12:25 (AMPC)



REFLECTION QUESTION

HOW CAN I BE AN ENCOURAGER TO THOSE AROUND ME?

TAKEAWAY FROM TODAY'S DEVOTIONAL:	
TODAY I AM GRATEFUL FOR:	
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CREATING A LIFESTYLE OF PRAYER

EARLY IN THE MORNING, WHILE IT WAS STILL DARK, JESUS GOT UP, LEFT [THE HOUSE], AND WENT OUT TO A SECLUDED PLACE, AND WAS PRAYING THERE.

MARK 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer". This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

He who walks [as a companion] with wise men is wise, but he who associates with [self-confident] fools is [a fool himself and] shall smart for it.

PROVERBS 13:20 (AMPC)



REFLECTION QUESTION

WHO AM I ASSOCIATING MYSELF WITH? AM I BEING THE KIND OF FRIEND I WOULD WANT TO ASSOCIATE WITH?

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AKEAWA	Y FROM	TODAY'S	DEVOTIO	NAL:		
ODAY I A	AM GRATE	FUL FOR	:			



He who is slow to anger has great understanding, but he who is hasty of spirit exposes and exalts his folly.

PROVERBS 14:29 (AMPC)

REFLECTION QUESTION

HOW CAN I IMPROVE THE WAY I RESPOND WHEN I AM ANGRY?

IRES	POND W	HEN I AI	IANGRI	:
TAKEAWAY FROM	TODAY'S DE	VOTIONAL:		
TODAY I AM GRAT	EFUL FOR: _			

The ear that listens to the reproof [that leads to or gives] life will remain among the wise. He who refuses and ignores instruction and correction despises himself, but he who heeds reproof gets understanding.



PROVERBS 15:31-32 (AMPC)

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THING I			ROVE.

ACTION

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TAKEA	WAY FRO	OM TODA	Y'S DEV	OTIONAL	.:		
(ODA)	I AM GR	ATEFUL	FOR:				



The mind of the wise instructs his mouth, and adds learning and persuasiveness to his lips. Pleasant words are as a honeycomb, sweet to the mind and healing to the body.

PROVERBS 16:23-24 (AMPC)

REFLECTION QUESTION

HOW CAN I IMPROVE MY LISTENING SKILLS? TAKEAWAY FROM TODAY'S DEVOTIONAL: TODAY I AM GRATEFUL FOR:

PRAYING SCRIPTURES

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

Let's begin with King David's Psalm 23. Take a moment to read it, and then use the prayer below as a way to use the psalm to have a conversation with God.

SCRIPTURE:

Because the Lord is my Shepherd, I have everything I need! He lets me rest in the meadow grass and leads me beside the quiet streams. He gives me new strength. He helps me do what honors him the most. Even when walking through the dark valley of death I will not be afraid, for you are close beside me, guarding, guiding all the way. You provide delicious food for me in the presence of my enemies. You have welcomed me as your guest; blessings overflow! Your goodness and unfailing kindness shall be with me all of my life, and afterwards I will live with you forever in your home.

PSALM 23

PRAYER:

"God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever.

In the following section, we will use several Scriptures and claim their promises through prayer. You can make this as personal as you like. You will find the most benefit when you pray the Scriptures that God is showing you in His Word and that are connecting with you personally in your current season of life.

SCRIPTURE:

And when you draw close to God, God will draw close to you. Wash your hands, you sinners, and let your hearts be filled with God alone to make them pure and true to him.

JAMES 4:8

PRAYER:

"Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You."

SCRIPTURE:

Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life.

PSALM 139:23-24

PRAYER:

"Father God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Lead me to live a life that draws people to You. Help me live my life on earth a way that impacts eternity."

SCRIPTURE:

But seek first His Kingdom and His righteousness, and all these things will be given to you as well.

MATTHEW 6:33

PRAYER:

"Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today God, and I give this day to You. Help me to focus on Your priorities first, sharing Your love and making Your Name known. I know that by focusing on You rather than myself, I will receive joy and peace."

SCRIPTURE:

Humble yourselves before the Lord, and he will lift you up in honor.

JAMES 4:10

PRAYER:

"God, You have promised me that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today (name specific parts of your day and give them to God). Use me for Your purposes, Lord. I trust that You will be with me and lift me up.

SCRIPTURE:

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

2 TIMOTHY 1:7

PRAYER:

"Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me to look more like You every day. I declare that anything that is not of You has to leave me in Jesus mighty Name. I proclaim that I do not have a spirit of fear, but I have a sound and healthy mind."

SCRIPTURE:

O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.

PSALM 62:8

PRAYER:

"God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don't feel good and that I can't see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When you say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank you for having a purpose for me and for working all my life circumstances for good."

He who covers and forgives an offense seeks love, but he who repeats or harps on a matter separates even close friends.

PROVERBS 17:9 (AMPC)



REFLECTION QUESTION

WHAT CAN I GIVE TO GOD TO FIND FREEDOM?

TAKEAWAY FROM TODAY'S DEVOTIONAL:
TODAY I AM GRATEFUL FOR:



The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?

PROVERBS 18:14 (AMPC)

REFLECTION QUESTION

AM I FEEDING MY SPIRIT? AM I GUARDING MY SPIRIT?

	AMI	GUARD	ING M	Y SPIRI	1?	
TAKEAWAY	FROM TO	DAY'S DE	VOTIONA	\L:		
TODAY I AN	M GRATEF	UI FOR:				
		OL FOR				

People ruin their lives by their own stupidity, so why does God always get blamed?

PROVERBS 19:3 (MSG)



REFLECTION QUESTION

WHEN IT COMES TO THE BLAME GAME FOR MY OWN PROBLEMS, WHO/WHAT IS THE ROOT?

IS THE ROOT?
TAKEAWAY FROM TODAY'S DEVOTIONAL:
TODAY I AM GRATEFUL FOR:

PERSONAL PRAYER FOCUS

God has put us on the earth at this specific time for a reason. He says in Acts 17:26 that He determined when and where we would live. Knowing this, we can look at those around us at this specific time in history and take personal responsibility to pray.

Pray for those in authority and those under your authority. Pray for those in your family and your circle of influence (anyone you're connected to). Write down the names of specific people and pray for them.



MY GOVERNMENT

PRESIDENT:

NATIONAL LEADERS:

STATE LEADERS:

CITY LEADERS:





MY FAMILY

SPOUSE:
CHILDREN:
PARENTS:
SIBLINGS:
MY CHURCH
PASTOR:
MINISTRY LEADERS:
MY LIFE
EMPLOYER:
CO-WORKER:
TEACHERS/PROFESSORS:
CLOSE FRIENDS:



Counsel in the heart of man is like water in a deep well, but a man of understanding draws it out.

PROVERBS 20:5 (AMPC)

REFLECTION QUESTION

HOW CAN I PREPARE TO ASK THE RIGHT QUESTIONS FOR GROWTH?

GOLDHONS I ON ONOW III.
TAKEAWAY FROM TODAY'S DEVOTIONAL:
TODAY I AM GRATEFUL FOR:

The thoughts of the [steadily] diligent tend only to plenteousness, but everyone who is impatient and hasty hastens only to want.

PROVERBS 21:5 (AMPC)



REFLECTION QUESTION

IN WHAT WAYS COULD I BE DILIGENT WITH MY THOUGHTS?

William Inicochina.	
TAKEAWAY FROM TODAY'S DEVOTIONAL:	
TODAY I AM GRATEFUL FOR:	



The reward of humility and the reverent and worshipful fear of the Lord is riches and honor and life.

PROVERBS 22:4 (AMPC)

REFLECTION QUESTION

WHAT IS THE AREA IN MY LIFE THE NEEDS THE MOST GROWTH?

TAKEAWAY FROM TO	DAY'S DEV	OTIONAL:	
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TODAY I AM GRATEFU	II FOD:		
TODAL LAN ORALLE			

Let not your heart envy sinners, but continue in the reverent and worshipful fear of the Lord all the day long. For surely there is a latter end [a future and a reward], and your hope and expectation shall not be cut off.



PROVERBS 23:17-18 (AMPC)

MAKE A LIST OF HOW GOD HAS BEEN GOOD TO ME.
TAKEAWAY FROM TODAY'S DEVOTIONAL:
TODAY I AM GRATEFUL FOR:



If you faint in the day of adversity, your strength is small.

PROVERBS 24:10 (AMPC)

REFLECTION QUESTION

WHAT ARE THE TOOLS I MUST INVEST IN TO GET STRONGER?

TAKEAWAY FROM TODAY'S DEVOT	ONAL:
TODAY I AM GRATEFUL FOR:	

PRAYING FOR THOSE WHO NEED GOD

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him praying for those who don't know Him to come to know Him.

O1. ASK THE FATHER TO DRAW THEM TO JESUS

God draws people to Him. It's not something we can make happen out of our own efforts, so we need to be faithful in praying that the Father would draw those He's placed on our hearts to Jesus.

NO ONE IS ABLE TO COME TO ME UNLESS THE FATHER WHO SENT ME ATTRACTS AND DRAWS HIM AND GIVES HIM THE DESIRE TO COME TO ME,...
JOHN 6:44

Think about the people you know who are far from God. Let your heart be open to God and anyone He may bring to your mind. It may help to write down their names as you focus on praying for them.

02. BIND THE SPIRIT THAT BLINDS THEIR MINDS

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God.

FOR THE GOD OF THIS WORLD HAS BLINDED THE UNBELIEVERS' MINDS [THAT THEY SHOULD NOT DISCERN THE TRUTH], PREVENTING THEM FROM SEEING THE ILLUMINATING LIGHT OF THE GOSPEL OF THE GLORY OF CHRIST (THE MESSIAH), WHO IS THE IMAGE AND LIKENESS OF GOD.

2 CORINTHIANS 4:4

We can pray against whatever is in their way so that they can see the light of God. We can pray that they would see the truth without any obstacles or distractions interfering.

O3. PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD

Many people think Christianity is just another religion. They only see God through the lens of the organization and institution of the church. They may even feel frustrated, angry, or betrayed by people in churches they have encountered or by religious legalists and their hypocrisy. But God didn't come to build an organization. He came to have a relationship with His children.

FOR [THE SPIRIT WHICH] YOU HAVE NOW RECEIVED
[IS] NOT A SPIRIT OF SLAVERY TO PUT YOU ONCE MORE IN
BONDAGE TO FEAR, BUT YOU HAVE RECEIVED THE SPIRIT OF
ADOPTION [THE SPIRIT PRODUCING SONSHIP] IN [THE BLISS
OF] WHICH WE CRY, ABBA (FATHER)! FATHER!
ROMANS 8:15

God wants His beloved sons and daughters to come home. Praying for people to have personal encounters with the living God makes a huge difference.

04. PRAY FOR BELIEVERS TO CROSS THEIR PATHS

This is twofold: we can pray for other Christians to influence the people around them positively, and we can also look for opportunities to influence others positively ourselves. God's plan to reach people is worked through those who already know and love Him. Jesus asked us to pray for people to go into the world to be salt and light. He came to bring the good news of the Gospel to all people, and His desire is that everyone would know and love Him.

SO PRAY TO THE LORD OF THE HARVEST TO FORCE OUT AND THRUST LABORERS INTO HIS HARVEST.

MATTHEW 9:38

As his "spiritual farmers", we should be attuned to opportunities to plant spiritual seeds in the lives of the people we encounter each day. We may have no idea who has already been praying for them and the culminating impact our kind words, compassionate acts, or loving attitude will have to draw someone to Christ.

O5. RELEASE THE SPIRIT OF WISDOM AND REVELATION ON THEM, SO THEY MAY KNOW GOD BETTER

It's that "eureka" moment, that "aha!" when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross, and see the hope that comes from giving their life to God.

IN HIM WE HAVE REDEMPTION (DELIVERANCE AND SALVATION) THROUGH HIS BLOOD, THE REMISSION (FORGIVENESS) OF OUR OFFENSES (SHORTCOMINGS AND TRESPASSES), IN ACCORDANCE WITH THE RICHES AND THE GENEROSITY OF HIS GRACIOUS FAVOR,

EPHESIANS 1:7

People need wisdom, not just knowledge, of spiritual things and insight into how spiritual realities directly impact them. We can pray for this kind of supernatural revelation that only comes from God.

A word fitly spoken and in due season is like apples of gold in settings of silver.

PROVERBS 25:11 (AMPC)



REFLECTION QUESTION

IS WHAT I AM SAYING ALIGNING TO WHAT GOD SAYS? IF NOT, HOW CAN I CHANGE THAT?

I CHANGE THAT?
TAKEAWAY FROM TODAY'S DEVOTIONAL:
TODAY I AM GRATEFUL FOR:



Whoever digs a pit [for another man's feet] shall fall into it himself, and he who rolls a stone [up a height to do mischief], it will return upon him.

PROVERBS 26:27 (AMPC)

REFLECTION QUESTION

AND DREAMS MATCHING MY DAILY ACTIONS?

MY DAILY ACTIONS?	
TAKEAWAY FROM TODAY'S DEVOTIONAL:	
TODAY I AM GRATEFUL FOR:	

Iron sharpens iron; so a man sharpens the countenance of his friend [to show rage or worthy purpose].

PROVERBS 27:17 (AMPC)



REFLECTION QUESTION

IN WHAT WAYS AM I MAKING THOSE AROUND ME BETTER?

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TAKEAWA	Y FROM TO	ODAY'S DE	VOTIONA	L:	
TODAY I A	M GRATEF	UL FOR:			



He who covers his transgressions will not prosper, but whoever confesses and forsakes his sins will obtain mercy. Blessed is the man who reverently and worshipfully fears [the Lord] at all times, but he who hardens his heart will fall into calamity.

PROVERBS 28:13-14 (AMPC)

REFLECTION QUESTION

HAVE I EVER HIDDEN SIN? HOW DID IT MAKE ME FEEL?

НС	OW DID I	T MAKE	ME FEI	EL?	
TAKEAWAY FRO	M TODAY'S	DEVOTION	IAL:		
TODAY I AM GRA	ATEFUL FOR	:			

A man's pride will bring him low, but he who is of a humble spirit will obtain honor.

PROVERBS 29:23 (AMPC)



REFLECTION QUESTION

HAS PRIDE EVER HINDERED MY WALK WITH CHRIST? WHAT CAN I DO SO IT DOESN'T?

WHAI CAN I DO SO II DOESN I!
TAKEAWAY FROM TODAY'S DEVOTIONAL:
TODAY I AM GRATEFUL FOR:



Every word of God is tried and purified; He is a shield to those who trust and take refuge in Him. Add not to His words, lest He reprove you, and you be found a liar.

PROVERBS 30:5-6 (AMPC)

REFLECTION QUESTION

WHAT DOES IT MEAN TO TAKE REFUGE IN HIM?

REFUGE IN HIM:
TAKEAWAY FROM TODAY'S DEVOTIONAL:
TODAY LAM CRATEFUL FOR
TODAY I AM GRATEFUL FOR:

She looks well to how things go in her household, and the bread of idleness (gossip, discontent, and self-pity) she will not eat. Her children rise up and call her blessed (happy, fortunate, and to be envied); and her husband boasts of and praises her,



PROVERBS 31:27-28 (AMPC)

REFLECTION QUESTION HAVE I BEEN TAKING PART IN GOSSIP, DISCONTENT AND SELF-PITY? WHAT DOES THE WORD OF GOD SAY ABOUT THAT?

WHAT DOES THE WORD OF GOD SAY ABOUT THAT	?
TAKEAWAY FROM TODAY'S DEVOTIONAL:	
ODAY I AM GRATEFUL FOR:	
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