

# 21 DAYS

## OF FASTING & PRAYER

### 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.

### SCAN TO JOIN THE 21 DAY DEVOTION:



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# 21 DAYS OF FASTING & PRAYER

**Join us January 3rd-23rd for a time of intentional fasting and prayer. Our desire is to start 2022 with a special time of worship and devotion to God.**

**Listed below are daily prayers and Bible readings for each of the 21 days.**

## DAY 1

Dear God, Fill me with vision and open my eyes to see Your plan, direction, revelation and purpose for my life. Show me who You are and give me Your perspective. Give me eyes of understanding, turn my eyes from worthless things, and give me life through Your word.

Read: Ephesians 1:18, Philippians 4, Psalms 119:29-40, Ephesians 2:10, Hebrews 4:12-13

## DAY 2

Dear God, Thank You for everything You've done for me. I praise You that Your thoughts and ways are higher than mine. Help me to remember that Your purpose for my life is better than anything I can ever imagine. Give me strategies, solutions, and direction for this new year. I earnestly seek You with my whole heart and ask that You open my eyes to Your way and will.

Read: Romans 12:2, Ephesians 4:14-15, Isaiah 55, Psalms 19:7-10

## DAY 3

Dear God, Thank You that Your word will never fail. I ask that You empower me with Your Holy Spirit and anointing to fast and pray. I ask for supernatural and resurrection power to bring to life to dead situations, lives, marriages, and dreams that seem hopeless. Send Your power to our nation and the world. Open my eyes and give me vision for such a time as this, in Jesus' Name.

Read: Luke 1:37, Romans 8:11, 1 Thessalonians 1:5, 1 Corinthians 1:18-31, Ephesians 3:14-21, Isaiah 40:25-31

## DAY 4

Dear God, Thank You that every good and perfect thing comes from You. Keep my eyes fixed on the good and take the negativity out of me. Put in me the spirit of faith, hope, and love. Help me to think positive thoughts and teach me to believe for good things. Teach me to always see the goodness of the Lord in the land of the living.

Read: Romans 8:28, Numbers 13, Ephesians 1, Philippians 4:4-9

## DAY 5

Dear God, Thank You that You have overcome the world. I give You praise for Your goodness in my life. Forgive me for the times I have complained, griped, and lost sight of all You have done for me. Develop in me an attitude of gratitude that cannot be shaken. Today, I will give thanks for You are good and Your love endures forever.

Read: John 16:33, Isaiah 43:1-2, Psalm 138, Psalm 145, Hebrews 12:28-29, 1 Thessalonians 5:16-18

## DAY 6

Dear God, Thank You for the example of enduring faith that Christ has shown us. I ask that You give me the right focus. Open my eyes to focus in on what matters: my family, my marriage, people that love me, and that I love. Most importantly, help me to have a focus on You, Jesus. I am not fasting just to fast. I'm fasting to see You, to focus on You, and to make You supreme Lord of my life.

Read: Philippians 3:12-14, Genesis 19:12-29, Hebrews 12:1-2, Isaiah 43:18-19, 2 Corinthians 5:16-21

## DAY 7

Dear God, Thank You that nothing is hidden from You. I ask that You search my heart and show me anything in me that offends You. I pray that my spirit man will become so strong that as I fast, my flesh will be reduced and my spirit will be made more and more like Jesus. I submit everything to You in prayer. Lord, I hold my church family up in prayer as we fast and pray together. We join together to lift up every prayer request that has come in and ask that You move mightily. Release angels to minister to people the way they ministered to You in the Garden of Gethsemane. I pray for angels to be released on this fast, angels that fight, angels that direct, angels that stand by us through life's greatest storms. In Jesus' mighty name, Hallelujah.

Read: Psalms 139:21-24, Isaiah 44:22, Psalms 51, Romans 6:1-14, Romans 8:1-11, 1 John 1:5-10

## DAY 8

Father, I trust in You and acknowledge Your ways. I ask that You encourage people today. Turn them from a Dead Sea to a flowing mighty river. Today, when they are tempted to take their eyes off of You and onto the storm, remind them of the hope of glory You've called them to. Shift their perspective and focus to find You in every storm. Remind them that You are near to the broken-hearted and close to the crushed in spirit. In Jesus' Name.

Read: Matthew 14:27-32, Proverbs 3:5-6, 2 Corinthians 4

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## DAY 9

Father, Thank You for enduring Your wilderness while in fasting and prayer. I pray for those who are facing their wilderness. I thank You that Your grace is sufficient. I thank You that the Comforter is with us. I thank You, Lord, that You're going to bring people out of this fast with the power of the Holy Spirit resting heavily on them.

Read: John 10:12-14, Ephesians 2:10, Joel 2:24-29, Habakkuk 2:2-3, Jeremiah 29:11-14, Proverbs 16:1-4, Matthew 6:25-34

## DAY 10

Father, today, on this 10th day, do a work in our families and in our own life through the eyes of those who know us best. Let us be transparent and pure and real. Let us be kind. Let us be forgiving. Let us be compassionate one to another, tenderhearted, as the scripture said, with brothers, with sisters, with parents, with children, with any areas of reconciliation needed. I pray that what we are in public is seen in private by our families. I pray today for that kind of power to be released on our families and in our own lives, in Jesus Name.

Read: Luke 11:33-36, Luke 12:2, Matthew 7:3-5, Galatians 6:1-10, 2 Corinthians 7:9-11, Hebrews 12:7-17

## DAY 11

Father, in the name of Jesus, I pray for the spirit of reconciliation and victory in every conflict. Many people are going through things during this fast. Maybe it's a lawsuit or a problem on their job where there is great conflict. Open our eyes and give us the way of peace and reconciliation with people in difficult situations. I thank You for the anointing to bring resolution to conflict. I submit every need to You.

Read: 1 Peter 3:9, Ephesians 4, James 4:1-11, 1 Corinthians 13

## DAY 12

Father, open our eyes to Your sweet presence. I pray for all the people who are joined together in this fast. May the presence of Jesus be real in each of our lives. May we find You. May the presence of God be found in a very tangible way. Thank You for drawing

near to us as we draw near to You.

Read: Psalms 139:7-10, Psalms 139:16-17, Psalms 23, Luke 2, Jeremiah 29:11-14

## DAY 13

Father, open my eyes to the power of prayer as burning incense. I pray for every person that is fasting who needs Your help, strength, love, mercy and grace. Touch our families, touch our lives. Touch every ministry fasting with us. Oh God, keep Your hand upon us and hear our cry and our prayers. We pray today for the peace of Jerusalem, the Jewish people and the nation of Israel. We pray Your mighty hand of protection, help, and favor be upon them. Lord, we pray for our country. We join in prayer for our elections. We pray that we will have leaders who stand with Israel - who will stand and remember Jerusalem and remember our connection to our faith. It all goes back back to Jerusalem where Jesus Christ bled and died, and rose from the dead. Thank You, Lord, in Jesus' Name we pray.

Read: 2 Kings 6:15-20, Psalms 19:12-14, Psalms 139:23-24, 1 Corinthians 2:6-16, 1 John 1:5-10, Psalms 141:2

## DAY 14

Father, bless those today who are fasting and praying with the power of a strong firm stand and a thirst to know You and Your thoughts, and Your ways better. In Jesus' Name, God bless them and keep them. Make Your face to shine upon them, be gracious to them, lift up Your countenance upon them, and give them peace. God bless Jerusalem and give them peace like never before.

Read: Proverbs 5:1-2, Philippians 1:9-11, Proverbs 3:1-8, Colossians 3:1-17, James 3:13-18, 1 Corinthians 2:6-16

## DAY 15

Father, thank You that You are The Healer. You are The Anointed One, and You're the same yesterday, today, and forever. I pray for every person praying and fasting to receive a fresh anointing to be healed, and that long term, long time difficulties and bondages would break while we fast and pray in the name of Jesus.

Read: Psalm 92:12-15, John 15:1-17, 1 Peter 2, Hebrews 6:1-20, Ephesians 5:1-21

## DAY 16

Lord, Thank You for all You've done for me. I praise You for the blessings You've given me. I ask You to keep my happiness and contentment always focused on You. I do not want them to be filled by something or someone else. Remind me to not fill that with other things of this world. I know only You, God, can fully bring me love, happiness, joy and contentment. Don't let the things of this world pull me away from this truth. Thank You for keeping my heart grateful for Your goodness and faithfulness in my life.

Read: Philippians 4:12-13, Psalm 34, Matthew 6:25-34, Philippians 4, 1 Timothy 6:6-7

## DAY 17

Lord, In the final few days of this fast, we submit everything to You, knowing we are victorious already because the battle has been won! We humbly ask for Your will in all we do with the time we have here on earth. You are sovereign, God, and we trust You, even when we don't understand everything. We completely surrender to You. Take out of us the will to try to control and play God, because You are God and we are not. Lord, we submit all things to You in prayer and fasting today. I declare Your will is going to be done. In Jesus' name, we commit and submit all things into Your hand. Amen.

Read: John 16:33, Joshua 1, John 16:25-33, Roams 8:12-39

## DAY 18

Lord, I thank You for Your Word and for teaching us how to fight the spiritual battle we are in. Thank You that You've given us the weapons to tear down every strong hold. I praise You that every battle belongs to You. I pray that every person fasting with us will walk in the spiritual power and authority that You've given us as we humble ourselves before You. Open our eyes to see clearly that we are not fighting against one another and give us spiritual sharpness and alertness

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to walk like never before. I praise You that no weapon formed against us shall prosper, in Jesus, Name.

Read: Psalm 37, Isaiah 54:17, 2 Corinthians 10:3-18, Ephesians 6:10-20

## **DAY 19**

Lord, I pray today for every decision that we will face this year. We need Your wisdom. We need Your divine help and direction. We submit to You and ask You to guide our steps. Lead our children and our children's children to the right schools, to the right people, to the right friends, to right choices, right voices, and right decisions, in Jesus' mighty name.

Read: Jeremiah 29:11-13, 1 Corinthians 2:9, John 4:23-24, Romans 12:1-2, Galatians 2:20-21, James 4:1-12, 1 Peter 5:6-10

## **DAY 20**

Lord, from this powerful place of prayer, I humbly acknowledge You, Jesus, as Lord. I praise You. I pray this prayer over the people who have fasted and prayed for 20 days. Our Father which art in heaven, hallowed be Thy Name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. Forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation, deliver us from the evil one in this year. For thine is the kingdom and the power and the glory forever and ever. Amen.

Read: Psalm 20:4, Psalm 37:3-7, Proverbs 3:1-7, Matthew 6:33, Matthew 7:7-11, Romans 8:28

## **DAY 21**

Lord, ai thank You so much for getting me through the end of this fast. I praise You for the strength and willpower You have given me. I praise You for helping me overcome the hunger and aches, the temptations and trials. I ask that You continue to see the bigger picture for my future, to continue for me to believe in greater things to come. I thank You for everything as I consecrate this prayer and fast to You. Amen.

Read: Luke 17:5-6, Hebrews 11, Ephesians 3:14-21

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