



21 DAYS OF PRAYER & FASTING

FASTING FROM

PRAYING FOR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

JANUARY 4-10

RESTORE

HEART OF SURRENDER

HUMILITY

PASSION TO SERVE

PEACE

HUNGER FOR THE WORD

PURITY & HOLINESS

SPIRIT-FILLED & SPIRIT-LED

TV

SOCIAL MEDIA

FOOD

TV

SOCIAL MEDIA

NEGATIVITY

NEGATIVITY

JANUARY 11-17

RENEW

MARRIAGES

FAMILIES

LOCAL, STATE, & N'TL GOV

FRIENDS WHO NEED JESUS

FINANCIAL FREEDOM

COMMUNITY TRANSFORMED

MAKING DISCIPLES

TV

SOCIAL MEDIA

FOOD

TV

SOCIAL MEDIA

NEGATIVITY

NEGATIVITY

JANUARY 18-24

REVIVE

CHURCH LEADERSHIP

LIFE GROUPS & LEADERS

TRAILS KIDS & LEADERS

IGNITE YOUTH & LEADERS

LOCAL MISSIONS

NATIONAL MISSIONS

GLOBAL MISSIONS

TV

SOCIAL MEDIA

FOOD

TV

SOCIAL MEDIA

NEGATIVITY

NEGATIVITY

HELP & TIPS:

BIBLE READING

JOIN OUR CHURCH IN THE F260 BIBLE READING PLAN:

[HTTPS://BIBLE.COM/P/36855185/9B2AA14AA19A56460C20588C8039FB61](https://BIBLE.COM/P/36855185/9B2AA14AA19A56460C20588C8039FB61)

PRAYER

PRAYER TIPS:

- 1) Set a specific time each day to pray. If you miss a prayer, catch up later or pick back up the next day.
- 2) Pray every day with your spouse and/or family.
- 3) Pray with hope. Remember the three types of prayer (casual-prayers of thanks or meals, committed-prayers for family or friends, and combative-prayers to take back enemy territory)

QUESTIONS TO ASK WHILE PRAYING:

Monday: Did the Bible live in me today?

Tuesday: When did I last speak to someone else with the hope of trying to win that person for Christ?

Wednesday: Do I disobey God in anything? Do I pray about the money I spend?

Thursday: Is there anyone I fear, dislike, criticize, or hold a grudge towards? If so, what am I doing about it?

Friday: Am I defeated in any part of my life? Have I prayed about this?

Saturday: Do I grumble or complain constantly? Do I go to bed on time and get up on time?

Sunday: Am I allowing the Lord to speak to me through my time in the word and prayer?

FASTING

FASTING DEFINED:

Fasting is a spiritual discipline seeking more of God's fullness, presence, and direction in our lives. We are not just fasting from food, but other things that may be distractions in our lives. As you fast, we encourage you to take the time you would spend eating or on social media to have a focused time with God in combative prayer.

FASTING TIPS:

- 1) Start small. Give up one meal during the day (for a lot of people, lunch works best).
- 2) Fast for 24 hours from sundown to sundown (fast for dinner, breakfast, and lunch and then break the fast with dinner).
- 3) Drink plenty of water and avoid sugary and caffeinated drinks.
- 4) Plan what you will do. A significant part of fasting is the time it creates for prayer and meditation on God's Word