



**TWENTY
ONE**

**DAYS OF PRAYER
AND FASTING**

JANUARY 8-28, 2023

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WELCOME TO FULL LIFE CHURCH'S 21 DAYS OF PRAYER

We are excited and expectant as you join us for the next 21 days in praying for God's leading in our lives and in our church. We challenge you to also take time to fast, making space to be filled spiritually by God in preparation for this next season. Take the bold step to pray and fast that God will display His power and faithfulness to us in this season and watch as He shifts and moves in our lives.

You are invited to be a part of our prayer time. See the times and days below when we will be gathering together to pray.

OUR IN-PERSON PRAYER SCHEDULE

Jr. Kids (Babies-PreK) provided for each night

Sunday, Jan 8th @ 7PM
Kick-off 21 Days of Prayer

Wednesday, Jan 18th @ 7PM
Mid-Week Service

Friday, Jan 27th @ 7PM
Celebration Service

OUR ONLINE PRAYER SCHEDULE

Each Wednesday on Facebook Live @ 7PM

"IN EVERY SITUATION, BY PRAYER AND PETITION,
WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD.
AND THE PEACE OF GOD, WHICH TRANSCENDS ALL
UNDERSTANDING, WILL GUARD YOUR HEARTS AND
YOUR MINDS IN CHRIST JESUS."
PHILIPPIANS 4:6-7

HOW TO USE THIS BOOK

Each day, for 21 days, we will be uniting around specific topics. This guide includes a prayer focus and scripture for each of the 21 days. Each day contains a verse from the Bible because we want to pray prayers that align with God's Word.

This book contains resources about fasting and several Biblical prayer models. The goal is simply to get comfortable with different biblical models of prayer and for your prayer life to become more natural, effective, and enjoyable. The most important step is committing to regularly entering God's presence through prayer. We also encourage you to consider fasting during your time of prayer as a way of giving-up something for the 21 days to be filled spiritually by God in preparation for this next season.

While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to", not a "got to." It's a privilege to be able to come to God in prayer.

Let's UNITE in prayer and experience the presence of God that will change your life.

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.

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth.

1 TIMOTHY 2:1-4

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 in addition to each topic.

Who am I praying for:

FASTING 101

We encourage fasting for 21 days each year in the month of January. This is part of our 21 Days of Prayer and Fasting season. Below is information on Fasting. If you need more information scan this QR code:



The purpose of fasting is to redirect our hunger toward God. It is choosing to eliminate distractions such as food, drink, or something else for the sake of spiritual growth. It is a way to humble oneself before God. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires for us. Remember, it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

SCRIPTURE REFERENCES FOR FASTING

To truly humble ourselves before God
(Ezra 8:21; James 4:8-10; 2 Chronicles 7:14)

To learn how to depend on God for strength
(Mathew 17:21; Isaiah 40:31)

To ask for supernatural intervention from God
(2 Samuel 12:16; Acts 14:23)

To help us hear & respond better to the Spirit of God
(Luke 4:1; Ephesians 6:18-19)

To make more time for prayer in order to get closer to God
(Matthew 6:16; Mark 2:20)

DAILY PRAYER FOCUS

WEEK 1 – FOCUS ON JESUS

DAY 1 – SUNDAY, January 8, 2023

Focus: Our Hearts

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 139:23-24

Personal Reflections:

DAY 2 – MONDAY, January 9, 2023

Focus: Passionate Worship

Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks.

John 4:23

Personal Reflections:

DAILY PRAYER FOCUS

WEEK 1 – FOCUS ON JESUS

DAY 3 – TUESDAY, January 10, 2023

Focus: Depend on Him

Trust in the Lord with all your heart
and lean not on your own understanding; in all your ways submit to
him, and he will make your paths straight.
Proverbs 3:5-6

Personal Reflections:

DAY 4 – WEDNESDAY, January 11, 2023

Focus: Grounded on His Word

Your word is a lamp to guide my feet and a light for my path.
Psalms 119:105

Personal Reflections:

DAILY PRAYER FOCUS

WEEK 1 – FOCUS ON JESUS

DAY 5 – THURSDAY, January 12, 2023

Focus: Believe and Do

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.
James 1:22

Personal Reflections:

DAY 6 – FRIDAY, January 13, 2023

Focus: Fully Committed to Christ

Then Jesus said to his disciples, "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me."
Matthew 16:24

Personal Reflections:

DAILY PRAYER FOCUS

WEEK 1 – FOCUS ON JESUS

DAY 7 – SATURDAY, January 14, 2023

Focus: Experience Freedom

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.

2 Corinthians 3:17-18

Personal Reflections:

DAILY PRAYER FOCUS

WEEK 2 – HAVE GREAT FAITH

DAY 8 – SUNDAY, January 15, 2023

Focus: Faith for Relationships

Dear friends, since God loved us that much, we surely ought to love each other. No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us.

1 John 4:11-12

Personal Reflections:

DAY 9 – MONDAY, January 16, 2023

Focus: Faith for Healing

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

Isaiah 53:5

Personal Reflections:

DAILY PRAYER FOCUS

WEEK 2 – HAVE GREAT FAITH

DAY 10 – TUESDAY, January 17, 2023

Focus: Faith for MY Future

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you

1 Peter 1:3-4

Personal Reflections:

DAY 11 – WEDNESDAY, January 18, 2023

Focus: Faith for MY Family

After I looked things over, I stood up and said to the nobles, the officials and the rest of the people, "Don't be afraid of them. Remember the Lord, who is great and awesome, and fight for your families, your sons and your daughters, your wives and your homes."

Nehemiah 4:14

Personal Reflections:

DAILY PRAYER FOCUS

WEEK 2 – HAVE GREAT FAITH

DAY 12 – THURSDAY, January 19, 2023

Focus: Faith for the Next Generation

Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come.

Psalms 71:18

Personal Reflections:

DAY 13 – FRIDAY, January 20, 2023

Focus: Faith during Troubles

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything

James 1:2-4

Personal Reflections:

DAILY PRAYER FOCUS

WEEK 2 – HAVE GREAT FAITH

DAY 14 – SATURDAY, January 21, 2023

Focus: Faith for the Impossible

“Have faith in God,” Jesus answered. “Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

Mark 11:22-24

Personal Reflections:

DAILY PRAYER FOCUS

WEEK 3 – LOVE OUR WORLD

DAY 15 – SUNDAY, January 22, 2023

Focus: Salvations

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.

Ephesians 2:8-9

Personal Reflections:

DAY 16 – MONDAY, January 23, 2023

Focus: Revival in Our Nation

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

2 Chronicles 7:14

Personal Reflections:

DAILY PRAYER FOCUS

WEEK 3 – LOVE OUR WORLD

DAY 17 – TUESDAY, January 24, 2023

Focus: Building of His Church

And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it.

Matthew 16:18

Personal Reflections:

DAY 18 – WEDNESDAY, January 25, 2023

Focus: Unity in Christ

How good and pleasant it is when God’s people live together in unity!

Psalms 133:1

Personal Reflections:

DAILY PRAYER FOCUS

WEEK 3 – LOVE OUR WORLD

DAY 19 – THURSDAY, January 26, 2023

Focus: Reaching our Neighbors

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

Acts 1:8

Personal Reflections:

DAY 20 – FRIDAY, January 27, 2023

Focus: Reaching our World

And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come.

Matthew 24:14

Personal Reflections:

DAILY PRAYER FOCUS

WEEK 3 – LOVE OUR WORLD

DAY 21 – SATURDAY, January 28, 2023

Focus: Harvest

Then he said to his disciples, “The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”

Matthew 9:37-38

Personal Reflections:

CREATING A LIFESTYLE OF PRAYER

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.

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.

THE LORD'S PRAYER

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God, aligns our priorities with His, and helps us live dependently on Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..."

LUKE 11:1

*"Our Father in Heaven, hallowed be Your Name.
Your Kingdom come. Your will be done on earth as it is in Heaven.
Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And do not lead us into temptation but deliver us from the evil one.
For Yours is the Kingdom and the power and the glory forever.
Amen."*

MATTHEW 6:9-13 NKJV

Follow along with the Lord's Prayer on the following pages:

CONNECT WITH GOD RELATIONALLY

"Our Father in Heaven"

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father."

ROMANS 8:15 NLT

Proclaim your intimate relationship with God, address Him lovingly as your father and thank Him that you are his Child.

PRAYER:

"Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Father. Thank you for loving me. I love you."

WORSHIP HIS NAME

"Hallowed Be Your Name"

God loves when we worship Him, and there is power in His Name. Here is a list of some of His Names to help us worship Him specifically and personally:

God is Sanctifier – He has called us and set us apart

God is Healer – He heals all our diseases

God is Banner of Victory – He defeated our enemies

God is Shepherd – He speaks to us and leads us

God is Peace – He is our peace in every storm

God is Provider – He supplies all of our needs

The name of the Lord is a strong tower; the righteous man runs into it and is safe.

PROVERBS 18:10 ESV

Speak God's Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

PRAYER:

"God, I am in awe of You. Your Name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You."

PRAY HIS AGENDA FIRST

"Your Kingdom come. Your will be done on earth as it is in Heaven"

Part of being a child of God is caring about what He cares about and loving who He loves. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.

LUKE 12:31 TLB

Spend time focusing on what God is focused on.

His priorities include:

- Saving the lost
- Wisdom and guidance for those in authority
- Caring for the poor
- Unity and love
- Justice
- Accomplishing His purpose in our lives

PRAYER:

"God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God's presence today) and in our world. This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Savior. I pray for the leaders in my life that You would show them Your will and give them supernatural wisdom and discernment as they lead. God, I pray that Your heart for justice and unity would be seen in our world; that the needs of the poor and marginalized will be met. Make Your priorities my priorities. Help me love who You love and see value in all people."

DEPEND ON HIM FOR EVERYTHING

"Give us this day our daily bread"

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth!

PSALM 121:1-2 NLT

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. Bring them to God and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

PRAYER:

"Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I'm dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to you to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs."

FORGIVE AND BE FORGIVEN

"Forgive us our debts, as we forgive our debtors"

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 JOHN 1:9

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

PRAYER:

"God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Help me let go of the things that have offended me and acknowledge when I have offended others. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will."

ENGAGE IN SPIRITUAL WARFARE

"And do not lead us into temptation but deliver us from the evil one."

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

EPHESIANS 6:12

Ask God to show you any lies you're believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

PRAYER:

"God, I recognize that my struggles today aren't against the people or circumstances around me, but against the enemy. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper."

EXPRESS FAITH IN GOD'S ABILITY

"For Yours is the Kingdom and the power and the glory forever."

God is more than able to move in every situation and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

Ah, Sovereign LORD, you have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.

JEREMIAH 32:17

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

"Yours is the Kingdom" – all authority belongs to You

"Yours is the Power" – all mightiness flows from You

"Yours is the Glory" – Your victory will be complete

PRAYER:

"Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise."

PRAYING SCRIPTURE

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.

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:

Come near to God and He will come near to you.

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, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

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. Teach me to love others well and live a life that points people to You. Help me live my life on earth in 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, making Your Name known, and advocating for justice in our world. I know that by focusing on You and Your heart for others, rather than myself, I will receive joy and peace.”

SCRIPTURE:

Humble yourselves before the Lord, and He will lift you up.

JAMES 4:10

PRAYER:

“God, You have promised 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. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Show me what I don’t know and help me grow in the knowledge of You and Your heart for people. Use me for Your purposes, Lord. I trust that You will be with me and lift me up.”

SAMPLE PRAYERS

Prayer is not only communion with God; it is also confrontation with the enemy. When Jesus was on the earth, He came face-to-face with the devil when He was tempted in the wilderness (see Matthew 4 and Luke 4), and every time the enemy tried to tempt Him, Jesus responded with a reference from the Bible. He used the Sword of Truth to defend Himself from the enemy's attacks. In these exchanges, Jesus didn't confront the devil as God. He confronted the devil as a man with the Word of God. We should do the same thing.

These spiritual warfare prayers and verses are examples we can use and adapt to our specific situations when we or someone we know is under attack from the devil.

Includes:

- Armor of God

- Forgiveness

- Healing

- Marriage

- Racial Reconciliation

- Praying for those that need God

THE ARMOR OF GOD

Based on Ephesians 6:13-17

Knowing that we are in a spiritual battle, God provides spiritual armor and equips us to take a stand when battles come our way.

Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

EPHESIANS 6:11-18

Acknowledge that you're in a spiritual battle. Then, claim the protection God has given you by praying through the different pieces of armor described in Ephesians 6.

PRAYER:

"Thank You, Lord, for my salvation. I receive it in a new and fresh way from You, and I declare that nothing can separate me from the love of Christ and the place I have in Your Kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all attacks against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed and show me Your truth today. Nothing is coming today that can overcome me because You are with me. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day."

FORGIVENESS PRAYER

Based on Matthew 6:14-15; Leviticus 19:18

Forgiveness can feel challenging, but God makes it clear in the Bible that He freely forgives us, and we are expected to do the same for others.

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

MATTHEW 6:14-15

Come before the Lord with humility, honesty, and sincerity. Share the areas in your life where you need to forgive others. Even if you aren't able to settle a situation with that person, you can settle it with the Lord, letting them off the hook by forgiving them. As you choose to forgive those who have hurt or offended you, you can also praise and thank God for forgiving you when you didn't deserve it.

PRAYER:

"Lord, I have a confession to make. I have harbored bitterness in my heart. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (name them). I also forgive and accept myself because You have made me new in the Name of Jesus."

HEALING PRAYER

Based on 1 Peter 2:24; Psalm 103:2-5; Luke 1:37

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

PSALM 103:2-5

In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you and those you're praying to be healed.

PRAYER:

"Father, in the Name of Jesus, I come before You asking for healing (name yourself or someone you are praying to experience healing). My hope is in You as our Healer. I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to You including the name of (disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. You say that You forgive our sins and heal our diseases, and I praise You for this. Thank You that the spirit that raised Jesus from the dead lives in us. I stand in faith believing for healing for (yourself or someone you're praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus' Name, Amen."

MARRIAGE PRAYER

Based on Ephesians 5:25-30

God created marriage, and His design for it is good. In marriage, just as in any human relationship, we have to work to love well. We can't do this successfully in our own power. We need God, who is love Himself, to give us His Holy Spirit and to guide us in our marriage. Marriage is a picture of Jesus Christ and His bride, the Church.

Husbands, love your wives, as Christ loved the church and gave Himself up for her, that He might sanctify her, having cleansed her by the washing of water with the Word, so that He might present the church to Himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church.

EPHESIANS 5:25-29 ESV

Thank God for your marriage. Start by asking Him to help you be the best spouse you can be. Ask Him for protection physically, spiritually, and emotionally. Pray for unity in your marriage and wisdom from Him.

PRAYER:

"Thank You, God, for loving us, and for creating marriage to be an illustration of Your love for us here on earth. Help me, to love my spouse (call them by name) the way You love me. Help me to listen to my spouse, give honor, and put my spouse before myself. Protect us physically, mentally, emotionally, and spiritually. We ask You to build greater unity between us, make us stronger as a couple, more devoted to one another and to You. Use us God, build us up to be an example of what Godly marriage can look like. We choose as a couple to love You first, God. We put our relationship with You before anything and everything else. We confess our need for You. Thank You for our marriage. We ask You to bless our marriage, build it, and be present in it always."

RACIAL RECONCILIATION PRAYER

Based on Ephesians 4:3-6; Mark 12:28-31; Psalm 139:23-24

God created every person in His image on purpose and for a purpose. We are all unique and have value in the eyes of God. As Christians, we love who God loves and seek to serve others, so it's important for us to see the value that each person brings to the world. As followers of Jesus, we have been commanded to do everything we can to promote peace. We are all one in Christ, called to serve Him and others with a spirit of unity.

Make every effort to keep the unity of the spirit through the bond of peace. There is one body and one spirit, just as you were called to one hope when you were called; One Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.

EPHESIANS 4:3-6

Recognize the presence of racism in our world and bring it before God today. Thank Him for creating every person in His image, on purpose, for a purpose. Ask Him to help you embrace your unique design and the uniqueness of others. Pray for eyes to see the ways inequality is at work in the world around you, and pray for boldness to uphold peace, love, and unity in the face of injustice.

PRAYER:

“Father, I recognize that You created every person in Your image and that You have great purpose for each of us. I ask You to help me see every person as You see them. Help me to love others with the unconditional love of Jesus and to make every effort to promote peace, unity, and equality for all people. Forgive me for the times that I have not valued others or spoken up for what is right. Give me boldness to confront inequity when I see it and to honor others in my thoughts, words, and actions.”

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 in praying for those who don't know Him to come to know Him.

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 can come to me unless the Father who sent me draws them...

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.

PRAYER:

"Father, I pray for the people around me (list specific names), that You would supernaturally draw their hearts to You. Send Your Holy Spirit to them and give them the desire to give their lives to You. Help them to recognize their longing for more in life as a spiritual thirst only You can quench. Open their ears to hear Your voice."

THANK YOU FOR PARTNERING WITH US DURING 21 DAYS OF PRAYER & FASTING!

God is always faithful when we set aside time to pray and dedicate extra focus on Him and His word. Have you seen God shift something inside of you or in your world? Thank Him!

We have prayed WITH you and FOR you. Now, we invite you to let us know how this time of prayer and fasting has gone for you. We would love to keep praying with you, and we would LOVE to celebrate with you as well. Let us know your 21 Days story here:

