



**DAYS OF
PRAYER &
FASTING**

*Living***FAITH**

Dear Church Family,

We are looking forward to what God has in store for us in 2021.

We believe it will be a time of recovery and recalibration as we continue to engage our calling in the Body of Christ. God is calling us to re-engage in the coming year, and we invite you to join us for 21 Days of Prayer and Fasting.

We believe that as we seek God first and pray His word over our lives, our church, and our community we will see Him move in new ways among us. We are standing for revival in Northern Indiana!

Introduction to Fasting

The goal of fasting is to draw near to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it allows us to reset our souls and experience renewal from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Fasting should present a level of challenge to those who engage, but it is very important for participants to know their own body and the options available as they seek God in prayer and follow the guidance of the Holy Spirit.

Types of Fasts

- **Complete Fast:** In this type of fast, you drink only liquids, typically water with light juices or broth 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 meats, 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 a specific time 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.

Additional Resources on Fasting:

- 7 Basic Steps to Successful Fasting and Prayer, by Bill Bright:
<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.html>
- Guide to Fasting and Prayer, by Bill Bright:
<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html>

21 Days of Prayer and Fasting Scripture Guide

January 3 (Day 1) - A reminder of true fasting

Isaiah 58:6-9 (NIV)

6 “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

7 Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?

8 Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard.

9 Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I.

January 4 (Day 2) - Seeking His face

2 Chronicles 7:14 (NIV)

14 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.

January 5 (Day 3) - The Spirit of wisdom and revelation

Ephesians 1:15-19 (NIV)

15 For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, 16 I have not stopped giving thanks for you, remembering you in my prayers. 17 I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. 18 I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, 19 and his incomparably great power for us who believe.

January 6 (Day 4) - Strengthened with power

Ephesians 3:14-19 (NIV)

14 For this reason I kneel before the Father, 15 from whom every family in heaven and on earth derives its name. 16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

January 7 (Day 5) - That love may abound

Philippians 1:9-11 (NIV)

9 And this is my prayer: that your love may abound more and more in knowledge and depth of insight, 10 so that you may be able to discern what is best and may be pure and blameless for the day of Christ, 11 filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

January 8 (Day 6) - Filled with knowledge

Colossians 1:9-10 (NIV)

9 For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, 10 so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God...

January 9 (Day 7) - Endurance and patience

Colossians 1:11-14 (NIV)

11 ...being strengthened with all power according to his glorious might so that you may have great endurance and patience, 12 and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. 13 For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, 14 in whom we have redemption, the forgiveness of sins.

January 10 (Day 8) - One mind and one voice

Romans 15:5-6 (NIV)

5 May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, 6 so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.

January 11 (Day 9) - Overflowing with hope

Romans 15:13 (NIV)

13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

January 12 (Day 10) - Enriched in every way

1 Corinthians 1:4-9 (NIV)

4 I always thank my God for you because of his grace given you in Christ Jesus. 5 For in him you have been enriched in every way—with all kinds of speech and with all knowledge—6 God thus confirming our testimony about Christ among you. 7 Therefore you do not lack any spiritual gift as you eagerly wait for our Lord Jesus Christ to be revealed. 8 He will also keep you firm to the end, so that you will be blameless on the day of our Lord Jesus Christ. 9 God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord.

January 13 (Day 11) - The name of Jesus glorified in you

2 Thessalonians 1:11-12 (NIV)

11 With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith. 12 We pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.

January 14 (Day 12) - That the message may spread

2 Thessalonians 3:1-5 (NIV)

As for other matters, brothers and sisters, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you. 2 And pray that we may be delivered from wicked and evil people, for not everyone has faith. 3 But the Lord is faithful, and he will strengthen you and protect you from the evil one. 4 We have confidence in the Lord that you are doing and will continue to do the things we command. 5 May the Lord direct your hearts into God's love and Christ's perseverance.

January 15 (Day 13) - Sanctified through and through

1 Thessalonians 5:23-24 (NIV)

23 May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 The one who calls you is faithful, and he will do it.

January 16 (Day 14) - Prayer for Israel

Romans 10:1-4 (NIV)

10 Brothers and sisters, my heart's desire and prayer to God for the Israelites is that they may be saved. 2 For I can testify about them that they are zealous for God, but their zeal is not based on knowledge. 3 Since they did not know the righteousness of God and sought to establish their own, they did not submit to God's righteousness. 4 Christ is the culmination of the law so that there may be righteousness for everyone who believes.

January 17 (Day 15) - Comfort abounds

2 Corinthians 1:3-5 (NIV)

3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 5 For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.

January 18 (Day 16) - Great boldness

Acts 4:29-31 (NIV)

29 Now, Lord, consider their threats and enable your servants to speak your word with great boldness. 30 Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus." 31 After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.

January 19 (Day 17) - Rend the heavens

Isaiah 64:1-4 (NIV)

1 Oh, that you would rend the heavens and come down, that the mountains would tremble before you! 2 As when fire sets twigs ablaze and causes water to boil, come down to make your name known to your enemies and cause the nations to quake before you! 3 For when you did awesome things that we did not expect, you came down, and the mountains trembled before you. 4 Since ancient times no one has heard, no ear has perceived, no eye has seen any God besides you, who acts on behalf of those who wait for him.

January 20 (Day 18) - Release of the Spirit

Acts 2:17-21 (NIV)

17 “ ‘In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams. 18 Even on my servants, both men and women, I will pour out my Spirit in those days, and they will prophesy. 19 I will show wonders in the heavens above and signs on the earth below, blood and fire and billows of smoke. 20 The sun will be turned to darkness and the moon to blood before the coming of the great and glorious day of the Lord. 21 And everyone who calls on the name of the Lord will be saved.’

January 21 (Day 19) - Our Father

Matthew 6:9-13 (NIV)

9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever. Amen.”

January 22 (Day 20) - Clear the way

1 Thessalonians 3:10-13 (NIV)

10 Night and day we pray most earnestly that we may see you again and supply what is lacking in your faith. 11 Now may our God and Father himself and our Lord Jesus clear the way for us to come to you. 12 May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. 13 May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.

January 23 (Day 21) - Glory in the church

Ephesians 3:20-21 (NIV)

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.