

# 21 DAYS OF Prayer & Fasting

January 12 - February 1



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# Isaiah **58:6-11**

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*"No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free and remove the chains that bind people. Share your food with the hungry and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. "Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the Lord will protect you from behind. Then when you call, the Lord will answer. 'Yes, I am here,' he will quickly reply. "Remove the heavy yoke of oppression. Stop pointing your finger and spreading vicious rumors! Feed the hungry and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring."*



# Types of Fasting



## Full Fast

Drink liquids only.

You establish the number of days.



## The Daniel Fast

Eat no meat, no sweets, and no bread.

Eat fruits and vegetables.

Drink water and juice.



## Partial Fast

Fast from 6:00am to 3:00pm or from sun up to sundown.

You can select from the three main types of fasting or give up at least one item of food.

# Prayer **FOCUS**

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## **DAY 1**

**GOD'S WILL TO BE DONE IN OUR LIVES, OUR FAMILIES, AND OUR CHURCH.**

*Matthew 6:9-10*

*"In this manner, therefore, pray: Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done. On earth as it is in heaven."*

## **DAY 2**

**SOULS TO BE WON TO CHRIST. IN OUR CITIES, OUR STATE, AND OUR WORLD.**

*John 3:16*

*"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."*

*1 Timothy 2:4*

*"who desires all men to be saved and to come to the knowledge of the truth."*

## DAY 3

### WISDOM FOR OUR LIVES

*Proverbs 8:1-21*

*"Does not wisdom cry out, and understanding lift up her voice? She takes her stand on the top of the high hill, Beside the way, where the paths meet. She cries out by the gates, at the entry of the city, At the entrance of the doors: "To you, O men, I call, and my voice is to the sons of men. O you simple ones, understand prudence, and you fools, be of an understanding heart. Listen, for I will speak of excellent things, and from the opening of my lips will come right things; For my mouth will speak truth; Wickedness is an abomination to my lips.*

*All the words of my mouth are with righteousness; nothing crooked or perverse is in them. They are all plain to him who understands, and right to those who find knowledge. Receive my instruction, and not silver, and knowledge rather than choice gold; for wisdom is better than rubies, and all the things one may desire cannot be compared with her. "I, wisdom, dwell with prudence, and find out knowledge and discretion.*

*The fear of the Lord is to hate evil; pride and arrogance and the evil way and the perverse mouth I hate. Counsel is mine, and sound wisdom; I am understanding, I have strength. By me kings reign, and rulers decree justice. By me princes' rule, and nobles, all the judges of the earth. I love those who love me, and those who seek me diligently will find me.*

*Riches and honor are with me, enduring riches and righteousness. My fruit is better than gold, yes, than fine gold, and my revenue than choice silver. I traverse the way of righteousness, In the midst of the paths of justice, that I may cause those who love me to inherit wealth, that I may fill their treasures."*

## **WISDOM FOR OUR LIVES (continued)**

*James 1:5-8*

*"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways."*

*Proverbs 2:6*

*"For the Lord grants wisdom! From His mouth come knowledge and understanding."*

## **DAY 4** **FOR THE FAVOR OF GOD TO MANIFEST IN OUR LIVES**

*Proverbs 3: 1-4*

*"My son, do not forget my law, but let your heart keep my commands; For length of days and long life and peace they will add to you. Let not mercy and truth forsake you; Bind them around your neck, write them on the tablet of your heart, and so find favor and high esteem in the sight of God and man."*

## DAY 5

### PAUL'S PRAYER FOR US

#### Ephesians 1:16-20

*"I have not stopped thanking God for you. I pray for you constantly, asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God. I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called-his holy people who are his rich and glorious inheritance. I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms."*

#### Ephesians 3:14-19

*"When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is.*

*May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God."*

## **PAUL'S PRAYER FOR US (continued)**

*Colossians 1:9-14*

*"So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better. We also pray that you will be strengthened with all his glorious power, so you will have all the endurance and patience you need. May you be filled with joy, always thanking the Father. He has enabled you to share in the inheritance that belongs to his people, who live in the light. For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, who purchased our freedom and forgave our sins."*

## **DAY 6** **FOR UNSAVED FAMILY MEMBERS TO COME TO JESUS**

*1 Timothy 2:3-4*

*"For this is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth."*

*Matthew 9:38*

*"Therefore pray the Lord of the harvest to send out laborers into His harvest."*

## **DAY 7**

**FOR OUR CHILDREN AND GRANDCHILDREN TO FULFILL  
THE PURPOSE AND DESTINY IN THE LIFE GOD HAS  
CALLED THEM TO**

*Ephesians 6:1*

*"Children, obey your parents in the Lord, for this is right."*

*Philippians 1:9-11*

*"And this I pray, that your love may abound more and more (displaying itself in greater depth] in real knowledge and in practical insight, so that you may learn to recognize and treasure what is excellent [identifying the best, and distinguishing moral differences, and that you may be pure and blameless until the day of Christ actually living lives that lead others away from sin]; filled with the fruit of righteousness which comes through Jesus Christ, to the glory and praise of God so that His glory may be both revealed and recognized]."*

## **DAY 8**

**FOR CHURCH GROWTH TO OCCUR AND SPIRITUAL  
GROWTH FOR THE PEOPLE IN OUR CHURCH**

*Colossians 2:19*

*"and not holding fast to the Head, from whom all the body, nourished and knit together by joints and ligaments, grows with the increase that is from God."*

## **FOR CHURCH GROWTH TO OCCUR AND SPIRITUAL GROWTH FOR THE PEOPLE IN OUR CHURCH (continued)**

**Acts 2:47**

*"praising God and having favor with all the people. And the Lord added to the church daily those who were being saved."*

**2 Peter 3:18**

*"but grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory both now and forever. Amen."*

**2 Peter 1:5-8**

*"But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ."*

## **DAY 9**

### **FOR FINANCIAL PROSPERITY FOR OUR FAMILIES AND OUR CHURCH**

**Psalms 115:14-15**

*"May the Lord give you increase more and more, You and your children. May you be blessed by the Lord, who made heaven and earth."*



## **FOR FINANCIAL PROSPERITY FOR OUR FAMILIES AND OUR CHURCH (continued)**

*Deuteronomy 28:11-12*

*"And the LORD will grant you plenty of goods, in the fruit of your body, in the increase of your livestock, and in the produce of your ground, in the land of which the Lord swore to your fathers to give you. The Lord will open to you His good treasure, the heavens, to give the rain to your land in its season, and to bless all the work of your hand. You shall lend to many nations, but you shall not borrow."*

*Proverb 10:22*

*"The blessing of the Lord makes one rich, and He adds no sorrow with it."*

*2 Corinthians 9:8*

*"And God is able to make all grace [every favor and earthly blessing] come in abundance to you, so that you may always [under all circumstances, regardless of the need] have complete sufficiency in everything [being completely self-sufficient in Him], and have an abundance for every good work and act of charity."*

## DAY 10

### FOR ALL WHO NEED HEALING TO RECEIVE WHAT HAS BEEN PROVIDED(continued)

*1 Peter 2:24*

*"who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness-by whose stripes you were healed."*

*Psalm 107:20*

*"He sent His word and healed them and delivered them from their destructions."*

*Psalms 103: 2-4*

*"Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies."*

## DAY 11

### FOR OUR NATION AND ITS LEADERS

*1 Timothy 2:2*

*"for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence."*

*Proverbs 29:2*

*"When the righteous are in authority, the people rejoice; But when a wicked man rules, the people groan."*

## **DAY 12**

### **FOR A RELEASE OF THE GIFTS OF THE SPIRIT IN OUR OWN LIVES AND IN THE BODY OF CHRIST AS A WHOLE**

*1 Corinthians 12:7*

*"But the manifestation of the Spirit is given to each one for the profit of all."*

*Romans 15:19*

*"They were convinced by the power of miraculous signs and wonders and by the power of God's Spirit. In this way, I have fully presented the Good News of Christ from Jerusalem all the way to Illyricum."*

*John 14:12*

*"Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father."*

## **DAY 13**

### **FOR THE MARRIAGES OF CPC TO BE STRONG AND FOR HARMONY AND PEACE TO REIGN IN OUR HOMES**

*Philippians 4:5-7*

*"Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."*

## **FOR THE MARRIAGES OF CPC TO BE STRONG AND FOR HARMONY AND PEACE TO REIGN IN OUR HOMES (continued)**

*Proverbs 18:22 "He who finds a wife finds a good thing and obtains favor from the Lord."*

*Ephesians 5:25 "Husbands, love your wives, just as Christ also loved the church and gave Himself for her."*

*Ephesians 5:33 "Nevertheless let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband."*

## **DAY 14 FOR A SPIRIT OF UNITY IN OUR FAMILIES AND IN OUR CHURCHES**

*1 Corinthians 1:10*

*"Now I plead with you, brethren, by the name of our Lord Jesus Christ, that you all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together in the same mind and in the same judgment.*

*Colossians 3:13-14*

*"Bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ-forgave you, so you also must do. But above all these things put on love, which is the bond of perfection."*

*Psalm 133:1*

*"Behold, how good and how pleasant it is. For brethren to dwell together in unity."*

## DAY 15

### FREEDOM FROM ADDICTIONS (ALCOHOL, DRUGS, PORN, ETC...) TO BE REMOVED AND YOKES DESTROYED

*Isaiah 10:27*

*"It shall come to pass in that day That his burden will be taken away from your shoulder, and his yoke from your neck, and the yoke will be destroyed because of the anointing oil."*

*John 8:36*

*"Therefore if the Son makes you free, you shall be free indeed."*

*Romans 13:14*

*"But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts."*

## DAY 16

### FOR THE SANCTIFYING GRACE IN OUR LIVES TO BE ACCELERATED

*Roman 6:6*

*"knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin."*

*1 Corinthians 6:11*

*"And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God."*

## **FOR THE SANCTIFYING GRACE IN OUR LIVES TO BE ACCELERATED (continued)**

*1 Peter 1:15*

*"But now you must be holy in everything you do, just as God  
who chose you is holy."*

## **DAY 17** **FOR CLEAR DIRECTION AND GUIDANCE FROM THE HOLY SPIRIT ON OUR LIFE ASSIGNMENTS**

*Isaiah 30:21*

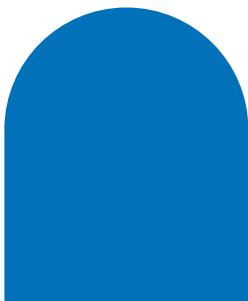
*"Your ears shall hear a word behind you, saying, "This is the  
way, walk in it," Whenever you turn to the right hand or  
whenever you turn to the left."*

*Isaiah 58:11*

*"The Lord will guide you continually, and satisfy your soul in  
drought, and strengthen your bones; You shall be like a  
watered garden, and like a spring of water, whose waters do  
not fail."*

*John 16:13*

*"However, when He, the Spirit of truth, has come, He will  
guide you into all truth; for He will not speak on His own  
authority, but whatever He hears He will speak; and He will  
tell you things to come."*





## **FOR CLEAR DIRECTION AND GUIDANCE FROM THE HOLY SPIRIT ON OUR LIFE ASSIGNMENTS(continued)**

*John 10: 4-5*

*"And when he brings out his own sheep, he goes before them; and the sheep follow him, for they know his voice. Yet they will by no means follow a stranger, but will flee from him, for they do not know the voice of strangers."*

## **DAY 18**

### **FOR OUR MISSIONARIES AND ALL EVANGELISTIC ENDEAVORS BY CPC**

*1 Timothy 2:3-4*

*"For this is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth."*

*Psalm 2:8*

*"Only ask, and I will give you the nations as your inheritance, the whole earth as your possession."*

*Proverbs 11:30*

*"The fruit of the righteous is a tree of life, and he who wins souls is wise."*

## **DAY 19**

### **FOR SUPERNATURAL DEBT REDUCTION IN OUR FAMILIES AND OUR CHURCH**

*Romans 13:8*

*"Owe no one anything except to love one another, for he who loves another has fulfilled the law."*

*Proverbs 22:7*

*"The rich rules over the poor, and the borrower is servant to the lender."*

*Deuteronomy 28:12-13*

*"The Lord will open to you His good treasure, the heavens, to give the rain to your land in its season, and to bless all the work of your hand. You shall lend to many nations, but you shall not borrow. And the Lord will make you the head and not the tail; you shall be above only, and not be beneath, if you heed the commandments of the Lord your God, which I command you today, and are careful to observe them."*

## **DAY 20**

### **PRAY IN THE SPIRIT**

*Ephesians 6:18*

*"praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints."*

## **PRAY IN THE SPIRIT (continued)**

*1 Corinthians 14:15*

*"What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding."*

*Jude 1:20*

*"But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit."*

## **DAY 21**

### **PRAISE AND WORSHIP TO GOD FOR HIS GOODNESS**

*Psalm 100:1-5*

*"Make a joyful shout to the Lord, all you lands! Serve the Lord with gladness; Come before His presence with singing.*

*Know that the Lord, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him and bless His name. For the Lord is good; His mercy is everlasting, And His truth endures to all generations."*

## PRAISE AND WORSHIP TO GOD FOR HIS GOODNESS (continued)

### Psalm 103: 1-5

*"Bless the Lord, O my soul; And all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagle."*

### Psalm 105: 1-5

*"Oh, give thanks to the Lord! Call upon His name; Make known His deeds among the peoples! Sing to Him, sing psalms to Him; Talk of all His wondrous works! Glory in His holy name; Let the hearts of those rejoice who seek the Lord! Seek the Lord and His strength; Seek His face evermore! Remember His marvelous works which He has done, His wonders, and the judgments of His mouth."*

### Psalm 106: 1-5

*"Praise the Lord! Oh, give thanks to the Lord, for He is good! For His mercy endures forever. Who can utter the mighty acts of the Lord? Who can declare all His praise? Blessed are those who keep justice, and he who does righteousness at all times! Remember me, O Lord, with the favor You have toward Your people. Oh, visit me with Your salvation, That I may see the benefit of Your chosen ones, That I may rejoice in the gladness of Your nation, That I may glory with Your inheritance."*

## **FASTING ISN'T ABOUT GOING WITHOUT, IT'S ABOUT DRAWING CLOSER TO GOD AND ALLOWING HIM TO FILL YOU UP**

*Psalm 107:9*

*"For He satisfies the longing soul,  
And fills the hungry soul with  
goodness."*



## **FASTING ISN'T A BREAK FROM LIFE, IT'S A RETURN TO ORDER**

Let this fast be the reset to a life of order: living led by the Spirit of God instead of living led by the flesh.

*Galatians 5:16*

*"Walk in the Spirit, and you shall not fulfill the lust of the flesh."*