

21
DAYS OF
PRAYER+
FASTING

JANUARY 9-29, 2023

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INTRODUCTION:

21 DAYS OF PRAYER & FASTING

21 DAYS OF PRAYER IS FOR YOU

If you sense God has more for your life, 21 Days of Prayer is a great place to start believing Him for all that He has for you. As you practice seeking Him first, He will move on your behalf like never before. You will start to see the power of prayer impact your relationships, work, family, and every area of your life. So join us, we would love for you to be part of 21 Days of Prayer!

During the January season of 21 Days of Prayer, we encourage fasting as a spiritual next step that can bring clarity and revelation into your life. You can also choose to fast at other times of the year as you seek God.

FASTING

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us 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.

TYPES OF FASTS

Your personal fast should present a level of challenge, but 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. **There are four 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.

Scripture References

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14, Acts 27:33-37, Nehemiah 9:1-3

FASTING GUIDE

BY JENTEZEN FRANKLIN

1. HOW TO BEGIN

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

My purpose for this fast is: _____

2. PREPARING SPIRITUALLY

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

I particularly confess to the Lord: _____

3. DECIDING WHAT TO FAST

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

The fast I choose will be: _____

4. DECIDING HOW LONG

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

The length and frequency of my fast: _____

5. WHAT TO EXPECT

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

6. HOW TO END

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

FASTING GUIDE BY JENTEZEN FRANKLIN

PRAYER OF COMMITMENT

Heavenly Father,






















I come to You weak and in need of You. As I commit to this Prayer & Fasting, I confess that I am not strong enough to complete this commitment. I am humbled before You. Please send Your Holy Spirit to strengthen my will and my body so that I may complete this fast faithfully and to Your glory.

Guard me from complacency and from lack of commitment. Guard me from pride and thinking of myself more highly than I should. And guard me from the powers of darkness which do not want me to complete this fast. I ask that You use this fast to bring me closer to You, to break down the barriers that would prevent my church from completing Your mission, and for the salvation of my loved ones and others who do not yet know You as Savior and Lord. Let Your kingdom come, and Your will be done in this fast as it is in heaven. In Jesus' Name, **Amen.**

SCHEDULE

21 DAYS OF PRAYER+ FASTING

JANUARY 9-29, 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	 9 LOVE OTHERS PHIL. 2:3-4 7PM-8PM	 10 SERVE OTHERS MATT. 20:28 7PM-8PM	 11 GENEROSITY PROV 11:25 7PM-8PM	 12 OUR CHURCH HEB 10:24-25 7PM-8PM	 13 OUR CITY PROV 11:11 10AM-11AM	 14 OUR WORLD MARK 16:15 7PM-8PM
 15 UNITY COL 3:12-14 9:30-10:30 AM	 16 FORGIVENESS PROV 17:9 7PM-8PM	 17 FAMILY + RELATIONSHIPS JAMES 3:18 7PM-8PM	 18 PATIENCE EPH 4:2 7PM-8PM	 19 HEALING & DELIVERANCE ISAIAH 53:4-5 7PM-8PM	 20 GRACE I CHRON 16:11 10AM-11AM	 21 PEACE JOHN 14:27 7PM-8PM
 22 FREEDOM FROM TEMPTATION I COR 10:13 9:30-10:30 AM	 23 BOLDNESS 2 COR 3:12 7PM-8PM	 24 OBEDIENCE DEUT 30:16 7PM-8PM	 25 POWER OVER THE ENEMY EPH 6:12 7PM-8PM	 26 WISDOM PROV 2:6 7PM-8PM	 27 DISCIPLINE HEB 12:11 10AM-11AM	 28 WORSHIP PSALM 105:1 7PM-8PM
 29 HEART AFTER GOD JOHN 3:30 9:30-10:30 AM	30	31				

 **zoom PRAYER SESSIONS**
MON | TUE | THURS | FRI | SAT

www.bethelwpg.com/prayer-fasting

7 PM (MON-THUR & SAT)
10 AM (FRIDAYS)
9:30 AM (SUNDAYS)

IN-PERSON ON SUN & WED ONLY

Day 1: Love Others

January 9th, 2023

“DO NOTHING OUT OF SELFISH AMBITION OR VAIN CONCEIT. RATHER, IN HUMILITY VALUE OTHERS ABOVE YOURSELVES, NOT LOOKING TO YOUR OWN INTERESTS BUT EACH OF YOU TO THE INTERESTS OF THE OTHERS.” **PHILIPPIANS 2:3-4 (NIV)**

PRAYER:

Father, I ask You to continue to transform me to be more like You. I want to walk in selflessness, preferring others above myself. Help me put on humility and become genuinely interested in others. I want to take the time to understand those around me and show love through listening and by my actions. When pride or selfishness try to creep in, may humility prevail. Help us collectively, as Christ followers, to show the world we are Yours by our love for You and for one another. Help us model our lives after You and exemplify unconditional love for others. Teach me to sacrifice my time by being willing to pause for others and love them like You do. In Jesus’ Name, Amen.

Day 2: Serve Others

January 10th, 2023

“FOR EVEN THE SON OF MAN DID NOT COME EXPECTING TO BE SERVED BUT TO SERVE AND GIVE HIS LIFE IN EXCHANGE FOR THE SALVATION OF MANY.”
MATTHEW 20:28 (TPT)

PRAYER:

God, I want to follow Jesus’ example of serving. Help me be others-focused and sacrifice my selfish desires so that others may come to know You. I know in Your Kingdom serving others produces joy and blessing. Today I choose to look for opportunities to serve those around me and to put their needs above my own. I know loving and serving others displays Your heart to the world. God, what an honor to be Your hands and feet to those You love! Teach me how to consistently serve like Jesus. In Jesus’ Name, Amen.

Day 3: Generosity

January 11th, 2023

"THE GENEROUS WILL PROSPER; THOSE WHO REFRESH OTHERS WILL THEMSELVES BE REFRESHED." PROVERBS 11:25 (NLT)

PRAYER:

Your Word promises that I will prosper when I give, so help me, Lord, to have a heart of generosity. I want to give of my time, money, talents, and resources with a cheerful heart, and I know that You will bless me and refresh me when I do. God, give me a love for Your people and Your church so I can't help but want to bless them. When I am tempted to hold back, remind me of all the ways You have been generous to me. Your Word says to test You in this area of giving, so I trust that as I give, You will always provide for me. In Jesus' Name, Amen.

Day 4: Our Church

January 12th, 2023

"LET US THINK OF WAYS TO MOTIVATE ONE ANOTHER TO ACTS OF LOVE AND GOOD WORKS. AND LET US NOT NEGLECT OUR MEETING TOGETHER, AS SOME PEOPLE DO, BUT ENCOURAGE ONE ANOTHER, ESPECIALLY NOW THAT THE DAY OF HIS RETURN IS DRAWING NEAR." HEBREWS 10:24-25 (NLT)

PRAYER:

Thank you, God, for my church. We pray for strength for our pastors, leaders, and for the church body. Let our church be an example of your love for all to see, and show me my place to serve Your church. God, You do not call us to do life alone, so I thank you for my church family. As I look at those around me, help me see others the way You see them. As I grow my relationships within the church, teach me to be a leader that helps others grow. Thank you for placing me exactly where You have me for such a time as this. Use me in your church and in our community to be a light for You. In Jesus' Name, Amen.

Day 5: Our City

January 13th, 2023

“WHEN RIGHT-LIVING PEOPLE BLESS THE CITY, IT FLOURISHES.” PROVERBS 11:11A (MSG)

PRAYER:

God, today I pray for my city. I believe You have planted me in this community on purpose. I pray Your Holy Spirit would continually remind me to speak life and blessing over my city. May we walk in unity and love for one another. Please use me to be a part of solutions to problems. Help me have a selfless heart and generous hands. Show me opportunities to give back because I believe that as I bless my city, we will flourish! In Jesus' Name, Amen.

Day 6: Our World

January 14th, 2023

“AND THEN HE TOLD THEM, “GO INTO ALL THE WORLD AND PREACH THE GOOD NEWS TO EVERYONE.” MARK 16:15 (NLT)

PRAYER:

Father, give me a burden for the lost people around the world. I know You desire all to come into relationship with You, and I want to develop a heart like Yours. Show me ways to do my part to reach those far from faith. We pray the missionaries around the world would find provision and wisdom for their mission. Encourage them to stay strong in faith and vision. Give them favor in their communities and soften the hearts of those they are trying to reach. Thank you for all You are doing around the world to grow Your Kingdom, and show me the part I have to play in it all. In Jesus' name, Amen.

Day 7: Unity

January 15th, 2023

"THEREFORE, AS GOD'S CHOSEN PEOPLE, HOLY AND DEARLY LOVED, CLOTHE YOURSELVES WITH COMPASSION, KINDNESS, HUMILITY, GENTLENESS AND PATIENCE. BEAR WITH EACH OTHER AND FORGIVE ONE ANOTHER IF ANY OF YOU HAS A GRIEVANCE AGAINST SOMEONE. FORGIVE AS THE LORD FORGAVE YOU. AND OVER ALL THESE VIRTUES PUT ON LOVE, WHICH BINDS THEM ALL TOGETHER IN PERFECT UNITY."

COLOSSIANS 3:12-14 (NIV)

PRAYER:

Father, I come to You today asking that unity would sweep across our nation, across our city, and across our churches like never before. Your Word is clear on the selflessness it takes for unity to be developed and grow. I want to do my part and act in compassion, kindness, humility, gentleness, patience, and ultimately love. Give me eyes to see the everyday opportunities that are right in front of me to do so. Help me put into practice the commandment of loving my neighbor. Holy Spirit, make me aware and lead me in putting on love in every decision, response, conversation, and in every action. As Your church, let us lead the way in unity. Use us to bring change in our families, communities, workplaces, and friendships. I am believing for You to move powerfully as we choose to represent You well in unity. In Jesus' Name, Amen.

Day 8: Forgiveness

January 16th, 2023

"LOVE PROSPERS WHEN A FAULT IS FORGIVEN, BUT DWELLING ON IT SEPARATES CLOSE FRIENDS." PROVERBS 17:9 (NLT)

PRAYER:

Thank you, God, for forgiving me of all my sins. Your Word commands me to forgive others as You have forgiven me. Right now, I choose to forgive those who have wronged me. I pray the Holy Spirit shows me how to grow in the area of forgiveness and helps me to quickly let go of offenses. I know this is another way to love others as you have commanded me. Your Word also says to bless my enemies, so I pray for them now. Help me to truly love those who have wronged me in the same way Jesus does. In Jesus' Name, Amen.

Day 9: Family & Relationships

January 17th, 2023

"YOU CAN DEVELOP A HEALTHY, ROBUST COMMUNITY THAT LIVES RIGHT WITH GOD AND ENJOY ITS RESULTS ONLY IF YOU DO THE HARD WORK OF GETTING ALONG WITH EACH OTHER, TREATING EACH OTHER WITH DIGNITY AND HONOR." JAMES 3:18 (MSG)

PRAYER:

Lord, I come to You asking for You to bring supernatural health in every one of my family relationships. I know that there is hard work involved in truly getting along with each other, and I am willing to put the work in. Reveal the areas where I need to put myself aside and walk in love, grace, forgiveness, and selflessness. May I see those in my family as You do, believing the very best in others. Help me honor my family both in words and actions. I pray You would bring restoration and healing where it's needed. Help us let go of things that don't matter, and embrace the things that truly do. Thank You for leading me and guiding me as I entrust my family to You. I am believing the best is yet to come for my family. In Jesus' Name, Amen.

Day 10: Patience

January 18th, 2023

"WITH TENDER HUMILITY AND QUIET PATIENCE, ALWAYS DEMONSTRATE GENTLENESS AND GENEROUS LOVE TOWARD ONE ANOTHER, ESPECIALLY TOWARD THOSE WHO MAY TRY YOUR PATIENCE." EPHESIANS 4:2 (TPT)

PRAYER:

God, Your Word says that patience is a fruit of the Holy Spirit. As a follower of Jesus, I want more of You and want to be known to be like You. So today, please help me grow in patience with people, things, and situations around me. I understand that being patient is a way I can love others better. Help me not be in a hurry, but to let the Holy Spirit work in and through me as I grow in my faith and in my patience with others. In Jesus' Name, Amen.

Day II: Healing & Deliverance

January 19th, 2023

YET IT WAS OUR WEAKNESSES HE CARRIED; IT WAS OUR SORROWS[A] THAT WEIGHED HIM DOWN. AND WE THOUGHT HIS TROUBLES WERE A PUNISHMENT FROM GOD, A PUNISHMENT FOR HIS OWN SINS! BUT HE WAS PIERCED FOR OUR REBELLION, CRUSHED FOR OUR SINS. HE WAS BEATEN SO WE COULD BE WHOLE. HE WAS WHIPPED SO WE COULD BE HEALED. ISAIAH 53:4-5 (NLT)

PRAYER:

Father, Your Word says that our Lord carried my weaknesses and my sorrows to the cross at Calvary, he was pierced for my rebellion and crushed for my sins he was beaten so I could be made whole he was whipped so I could be healed. I understand that you have paid the price for my healing so I receive my healing now in my body, soul and spirit, mentally and emotionally I receive my healing in the name of our Lord Jesus Christ, Amen.

Day 12: Grace

January 20th, 2023

"LET NO CORRUPTING TALK COME OUT OF YOUR MOUTHS, BUT ONLY SUCH AS IS GOOD FOR BUILDING UP, AS FITS THE OCCASION, THAT IT MAY GIVE GRACE TO THOSE WHO HEAR."
I CHRONICLES 16:11 (ESV)

PRAYER:

God, my desire is to be an extension of Your grace to others. I don't want to be quick to judge or quick to assume, but to believe the best in others. I pray I am continually transformed into Your likeness by understanding Your grace for me so I can extend grace to others. Help me think before I speak and listen before I respond. May the words I speak build others up. Increase my awareness so others can feel grace, kindness, and Christ-like love. I pray You would help me grow daily in giving grace as You do. In Jesus' Name, Amen.

Day 13: Peace

January 21st, 2023

"I AM LEAVING YOU WITH A GIFT—PEACE OF MIND AND HEART. AND THE PEACE I GIVE IS A GIFT THE WORLD CANNOT GIVE. SO DON'T BE TROUBLED OR AFRAID." JOHN 14:27 (NLT)

PRAYER:

Father, today I acknowledge Your presence and embrace Your gift of peace. Help me recognize the ways I try to find peace outside of You, as I know what the world offers me will never be enough. There is no substitute for the lasting peace only You can provide. Although in this world there are many things I will never understand, thank You for a peace that passes all human understanding. I pray Your peace would guard my heart and my mind. Teach me to do my best to love others by living in peace with those around me. In Jesus' Name, Amen.

Day 14: Freedom From Temptation

January 22nd, 2023

"NO TEMPTATION HAS OVERTAKEN YOU EXCEPT WHAT IS COMMON TO MANKIND. AND GOD IS FAITHFUL; HE WILL NOT LET YOU BE TEMPTED BEYOND WHAT YOU CAN BEAR. BUT WHEN YOU ARE TEMPTED, HE WILL ALSO PROVIDE A WAY OUT SO THAT YOU CAN ENDURE IT." I CORINTHIANS 10:13 (NIV)

PRAYER:

God, there are many things on this earth that will try to keep me from living the way You want me to live. You sent Your son Jesus to die on the cross and rise from the dead, erasing sin for all mankind – and that includes mine! Because of the sacrifice of Jesus, I have a new life and a free life. I pray You would give me strength to overcome temptation and sin. I am thankful nothing on this earth has more power than the name of Jesus. I know I can overcome temptation using Your Word, just like Jesus overcame temptation from evil. Thank you, God, for the freedom that comes from the power of the name of Jesus. In Jesus' Name, Amen.

Day 15: Boldness

January 23rd, 2023

"THEREFORE, SINCE WE HAVE SUCH A HOPE, WE ARE VERY BOLD." 2 CORINTHIANS 3:12 (NIV)

PRAYER:

Lord, I am asking for an increase of boldness for all followers of Christ, including myself. You have given me the gift of a new life, and there are many people around me who are in need of all that You have for them. I pray You would give me boldness in sharing the Good News of Jesus with those in my influence. It's not an accident that I live where I do, work where I do, and have the family that I have. I pray you would increase my awareness and love for those around me. I ask you to give me the right opportunities and the right words to share with others. Thank you, God, that You will embolden me so more people may know You! In Jesus' Name, Amen.

Day 16: Obedience

January 24th, 2023

"FOR I COMMAND YOU THIS DAY TO LOVE THE LORD YOUR GOD AND TO KEEP HIS COMMANDS, DECREES, AND REGULATIONS BY WALKING IN HIS WAYS. IF YOU DO THIS, YOU WILL LIVE AND MULTIPLY, AND THE LORD YOUR GOD WILL BLESS YOU AND THE LAND YOU ARE ABOUT TO ENTER AND OCCUPY."

DEUTERONOMY 30:16 (NLT)

PRAYER:

God, there are many things on this earth that will try to keep me from living the way You want me to live. Whatever may come, I will obey your Word. I want to please you and be an example to others of Your goodness to me. Thank you for giving me Your Word as a light for my path. Help me obey You more than anything or anyone else, and thank you for the blessing that comes as a result of my wise choices. Today I choose to obey You even when my flesh desires something else. I commit to walk everyday in Your will for my life. In Jesus' Name, Amen.

Day 17: Power Over The Enemy

January 25th, 2023

“FOR WE ARE NOT FIGHTING AGAINST FLESH-AND-BLOOD ENEMIES, BUT AGAINST EVIL RULERS AND AUTHORITIES OF THE UNSEEN WORLD, AGAINST MIGHTY POWERS IN THIS DARK WORLD, AND AGAINST EVIL SPIRITS IN THE HEAVENLY PLACES.”

EPHESIANS 6:12 (NLT)

PRAYER:

Father, I recognize there is a real enemy at work in this world. Give me wisdom to discern the work of the enemy around me, and to oppose his schemes and plans. I don't live in fear, but choose to live in faith. Just as Jesus defeated the enemy through the work of the cross, I also claim victory in my life. You have equipped me with the armor of God and the power of Your Word. Therefore, I will meditate on your Word. I will walk in truth, and allow Your peace to be my guard and my guide, and hold faith as my shield. Thank You for always planning a way for me to be victorious. In Jesus' Name, Amen.

Day 18: Wisdom

January 26th, 2023

“FOR THE LORD GRANTS WISDOM! FROM HIS MOUTH COME KNOWLEDGE AND UNDERSTANDING.” PROVERBS 2:6 (NLT)

PRAYER:

God, Your Word says that if I lack wisdom, I can ask for it and You will freely give it to me. I ask for your wisdom today. I don't want to lean on my own understanding; I need yours. I ask for supernatural wisdom to help guide my decisions, plans, attitudes, and actions. I invite the Holy Spirit to help me use good judgment in all I do. Thank you for giving Your Word as a guide on how to walk in wise and righteous living. In all I do, may I honor You. In Jesus' Name, Amen.

Day 19: Discipline

January 27th, 2023

“NO DISCIPLINE IS ENJOYABLE WHILE IT IS HAPPENING–IT’S PAINFUL! BUT AFTERWARD THERE WILL BE A PEACEFUL HARVEST OF RIGHT LIVING FOR THOSE WHO ARE TRAINED IN THIS WAY.” HEBREWS 12:11 (NLT)

PRAYER:

Thank you, Jesus, for your instruction on how to live. I want to follow what Your Word says and have discipline be a part of my daily life. Show me the things I need to avoid and what practices I need to put into place. Help me have the self-discipline to follow through on what Your Holy Spirit is prompting me to do. Thank you for the peace that comes with right living when I live a disciplined life. Show me areas in my life that I need to practice self-discipline. I will choose today to have discipline be incorporated into my character as a result of Your Holy Spirit working in my life. In Jesus’ Name, Amen.

Day 20: Worship

January 28th, 2023

“GIVE PRAISE TO THE LORD, PROCLAIM HIS NAME; MAKE KNOWN AMONG THE NATIONS WHAT HE HAS DONE.” PSALMS 105:1 (NIV)

PRAYER:

God, thank you for your faithfulness to me. There is no one like You! When I look at nature, I see Your creativity. When I look at my life, I see Your love. Even on the hardest days, You are near. I will always remember all that You’ve done and praise You for who You are. I will daily worship You and will tell others about what You’ve done and who You are! In Jesus’ Name, Amen.

Day 21: Heart After God

January 29th, 2023

"HE MUST BECOME GREATER AND GREATER, AND I MUST BECOME LESS AND LESS." JOHN 3:30 (NLT)

PRAYER:

God, I desire more of You and less of me. I will fix my thoughts on You and surrender my plans and ambitions. Have Your way, Lord, and cultivate a hunger within me for even more of You. I am making more room for You to move and speak. As I draw near to You, help me grow in my faith and experience You like never before. I am expectant for everything You will do! In Jesus' Name, Amen.
