

21

DAYS

PRAYER+FASTING



JANUARY 8-28, 2024

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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

PRAYER+FASTING

JANUARY 8-28, 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8 LOVE GOD MATT. 22:37-40 7PM-8PM	9 LOVE YOURSELF I JOHN 4:16-19 7PM-8PM	10 INNER HEALING JAMES 5:16 7PM-8PM	11 FORGIVENESS COL. 3:13 7PM-8PM	12 OUR CITY PROV 11:11 10AM-11AM	13 FAMILY RELATIONSHIPS JOEL 2:25-26 7PM-8PM
14 GIFT OF DISCERNMENT I COR 12-10 9:30-10:30 AM	15 WOMEN PROV 31:25 7PM-8PM	16 CONNECT GROUPS I PETER 2:9 7PM-8PM	17 HEALING & DELIVERANCE ISAIAH 53:4-5 7PM-8PM	18 YOUTH I TIM 4:12-13 7PM-8PM	19 PROPHECY I COR 14:3-5 10AM-11AM	20 CHILDREN PSALM 127:3-5 7PM-8PM
21 MEN I TIM 3:1-5 9:30-10:30 AM	22 HOSPITALITY I PETER 4:8-10 7PM-8PM	23 GENEROSITY PROV 11:25 7PM-8PM	24 WORSHIP PSALM 105:1 7PM-8PM	25 YOUNG ADULTS JEREMIAH 1:7 7PM-8PM	26 OUR NATION PSALM 2:8 10AM-11AM	27 MISSIONS TO NATIONS MARK 16:15 7PM-8PM
28 OUR CHURCH HEB 10:24-25 9:30-10:30 AM	29	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 God

January 8th, 2024

37 Jesus replied, "'You must love the Lord your God with all your heart, all your soul, and all your mind.'^[a] **38** This is the first and greatest commandment. **39** A second is equally important: 'Love your neighbor as yourself.'^[b] **40** The entire law and all the demands of the prophets are based on these two commandments." **Matthew 22:37-40 (NLT)**

Day 2: Love Yourself

January 9th, 2024

16 We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them. **17** And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. **18** Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. **19** We love each other^[a] because he loved us first. **1 John 4:16-19 (NLT)**

Day 3: Inner Healing

January 10th, 2024

16 Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. **James 5:16 (NLT)**

Day 4: Forgiveness

January 11th, 2024

13 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. **Colossians 3:13 (NLT)**

Day 5: Our City

January 12th, 2024

11 Upright citizens are good for a city and make it prosper, but the talk of the wicked tears it apart. **Proverbs 11:11 (NLT)**

Day 6: Family Relationships

January 13th, 2024

25 The Lord says, "I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts.[a] It was I who sent this great destroying army against you. **26** Once again you will have all the food you want, and you will praise the Lord your God, who does these miracles for you. Never again will my people be disgraced. **Joel 2:25-26 (NLT)**

Day 7: Gifts of Discernment

January 14th, 2024

10 He gives one person the power to perform miracles, and another the ability to prophesy. He gives someone else the ability to discern whether a message is from the Spirit of God or from another spirit. Still another person is given the ability to speak in unknown languages,[a] while another is given the ability to interpret what is being said. **1 Corinthians 12:10 (NLT)**

Day 8: Women

January 15th, 2024

25 She is clothed with strength and dignity, and she laughs without fear of the future. **Proverbs 31:25 (NLT)**

Day 9: Connect Groups

January 16th, 2024

9 But you are a chosen people. You are priests to your king. You are a holy nation. You are God's very own people. All this is so that you will tell how good he is. He called you out of darkness into his wonderful light. **1 Peter 2:9 (WE)**

Day 10: Healing & Deliverance

January 17th, 2024

4 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! **5** 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)**

Day 11: Youth

January 18th, 2024

12 Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity. **13** Until I get there, focus on reading the Scriptures to the church, encouraging the believers, and teaching them.

I Timothy 4:12-13 (NLT)

Day 12: Prophecy

January 19th, 2024

3 But one who prophesies strengthens others, encourages them, and comforts them. **4** A person who speaks in tongues is strengthened personally, but one who speaks a word of prophecy strengthens the entire church. **5** I wish you could all speak in tongues, but even more I wish you could all prophesy. For prophecy is greater than speaking in tongues, unless someone interprets what you are saying so that the whole church will be strengthened. **I Corinthians 14:3-5 (NLT)**

Day 13: Children

January 20th, 2024

3 Children are a gift from the Lord; they are a reward from him. **4** Children born to a young man are like arrows in a warrior's hands. **5** How joyful is the man whose quiver is full of them! He will not be put to shame when he confronts his accusers at the city gates. **Psalm 127:3-5 (NLT)**

Day 14: Men

January 21st, 2024

1 This is a trustworthy saying: "If someone aspires to be a church leader,[a] he desires an honorable position." **2** So a church leader must be a man whose life is above reproach. He must be faithful to his wife.[b] He must exercise self-control, live wisely, and have a good reputation. He must enjoy having guests in his home, and he must be able to teach. **3** He must not be a heavy drinker[c] or be violent. He must be gentle, not quarrelsome, and not love money. **4** He must manage his own family well, having children who respect and obey him. **5** For if a man cannot manage his own household, how can he take care of God's church? **1 Timothy 3:1-5 (NLT)**

Day 15: Hospitality

January 22nd, 2024

8 Most important of all, continue to show deep love for each other, for love covers a multitude of sins. **9** Cheerfully share your home with those who need a meal or a place to stay. **10** God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.

1 Peter 4:8-10 (NLT)

Day 16: Generosity

January 23rd, 2024

25 The generous will prosper; those who refresh others will themselves be refreshed.

Proverbs 11:25 (NLT)

Day 17: Worship

January 24th, 2024

I Give thanks to the Lord and proclaim his greatness. Let the whole world know what he has done.

Psalms 105:1 (NLT)

Day 18: Young Adults

January 25th, 2024

7 The Lord replied, "Don't say, 'I'm too young,' for you must go wherever I send you and say whatever I tell you. **Jeremiah 1:7 (NLT)**

Day 19: Our Nation

January 26th, 2024

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

Psalm 2:8 (NLT)

Day 20: Missions To Nations

January 27th, 2024

15 And then he told them, "Go into all the world and preach the Good News to everyone.

Mark 16:15 (NLT)

Day 21: Our Church

January 28th, 2024

24 Let us think of ways to motivate one another to acts of love and good works. **25** 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)**
