

# 21 DAYS OF PRAYER & FASTING

# 21 DAYS OF PRAYER & FASTING GUIDE

On Sunday, February 8, we're kicking off 21 days of prayer and fasting. Our desire is that we will see the power of prayer impact every area of our lives. Prayer is the secret quiet life of pursuing God. Fasting is a quiet revolution against the kingdom of this world that is just between you and God. In our fasting we can feast on God and revolt against evil at the same time.

Below you will find a short guide for each day.

The first week is focused on your own personal relationship with the Lord.

The second week guides us to pray for one another in the church.

The third week focuses on praying for those outside of Discover.

Each day you have a small passage to read to help guide your prayers, along with a short prompt to help get you started. We believe this will help us pray for things that are on God's heart, as well as be on the same page with one another.

## As for 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. Remember, 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.

## 1) Decide why you are fasting

Start with a clear goal. Be specific.

Why are you fasting?

Do you need direction, healing, revival, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

## 2) Preparing Spiritually

God cannot work in you and through you if your life is full of sin. 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).

## 3) Deciding what type of fast you are doing

We realize that not everyone can do the “Daniel Fast” for all kinds of reasons and that’s ok. We have, however, provided some other ideas and practices for those who still want to participate in this fasting season. Our goal is that 100% of our church family would come alongside us as we focus our full attention on the things of our heavenly Father.

**Full Fast**

Drink only liquids (you establish the number of days).

*Please talk to your personal physician before attempting a Full Fast.

**The Daniel Fast**

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

*Recommend reading “Fasting” by Jentzen Franklin.

**3-Day Fast**

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

**Partial Fast**

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting: a Full Fast, Daniel Fast or give up at least one item of food.

**Technology Fast**

Maybe it's time to give up certain things in the technology world. Whether it be social media platforms like Facebook or Snapchat to Video games and yes, even Netflix. Whatever is distracting you from seeing God's true vision and the life He has for you, this is a perfect time to set those things aside to focus on Him.

**Influence Fast**

Let's face it, some of us are being influenced by things we didn't even know were changing our perspective, language, world-view, and overall spirit. This would include things like the type of music and talk shows we listen to, the shows and news we watch, magazines and books we read, even the friends we hang out with. This would be the ideal time to clean the filter and detox from what may be influencing you apart from the Holy Spirit.

## 4) Deciding how long your fast will last

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. If you feel led to a complete fast, please see your personal physician before you attempt this type of fast. Going without food will affect your body. Use common sense, wisdom and pray for guidance. Beginners are advised to start slow. Because our collective time of fasting is 21 days, you may choose to fast from different things each week, however the Spirit leads.

Take time each day to hear from the Lord. We hope that if you don't have a consistent prayer time, this will help get you started. For others, this may be a small part of what you are already doing. Either way, we know the Lord invites us to speak to Him. He wants to hear from us, and we need to hear from him! We look forward to what He will do over the next 21 days.

**DAY 1**

# SEEK THE LORD

"I want to see in them the great joy of having God yet always wanting Him." — A.W. Tozer

**Read Jeremiah 29:13**



We are encouraged to seek the Lord; to pray and call out to Him. What is stopping you from seeking him with, "all your heart?" Ask Him to reveal that to you. Seek Him and expect Him to respond!

Where is God speaking to you as you pray?

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**DAY 2**

# HUNGER FOR GOD

"The greatest enemy of hunger for God is not poison but apple pie. It is not the banquet of the wicked that dulls our appetite for heaven, but endless nibbling at the table of the world."
— John Piper

**Read Psalm 63:1**



Ask God to deepen your desire for His presence more than anything else. Ask Him to fill you with His presence and deep satisfaction.

Where is God speaking to you as you pray?

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DAY 3

# REPENTANCE & RENEWAL

"Repentance is the daughter of hope and the renunciation of despair." — St. John Chrysostom

**Read Psalm 129: 23-24**



Ask the Lord to search your heart. Let Him identify anything that may be standing in the way between you and Him. Confess those things, repent, and rest in His forgiveness and presence.

Where is God speaking to you as you pray?

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**DAY 4**

# HE CARES FOR YOU

"God loves each of us as if there were only one of us" — Augustine

**Read 1 Peter 5:6-7**



God, your Father in Heaven, cares for you. Humility is admitting your weakness, and sharing what is on your heart and mind. Turn those things over to the Lord, because He cares for you.

Where is God speaking to you as you pray?

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DAY 5

# CONFIDENCE IN CHRIST ALONE

"Christ's wounds are your healings, His agonies your repose, His conflicts your conquests, His groans your songs, His pains your ease, His shame your glory, His death your life, His sufferings your salvation". — Charles Spurgeon

**Read Romans 8:34**



We can approach God as our Father in Heaven because of what Christ has done on the cross. Let's praise God for his work to save us, and thank Him for interceding, right now, on our behalf.

Where is God speaking to you as you pray?

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**DAY 6**

# OBEDIENCE

"Only he who believes is obedient; only he who is obedient believes. One act of obedience is better than one hundred sermons" — Dietrich Bonhoeffer

**Read John 14:15**



Pray and ask God where He is inviting you to obey, even in the small things.

Where is God speaking to you as you pray?

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**DAY 7**

# REST

"You have created us for Yourself, and our heart cannot be stilled until it finds rest in You". — Augustine of Hippo

**Read Matthew 11:28-30**



Jesus, teach us to rest in You, not in performance, productivity, or approval.

Where is God speaking to you as you pray?

**DAY 8**

# PRAYING FOR DISCOVER CHURCH

"The way to preserve the peace of the church is to preserve its purity." — Matthew Henry

**Read Proverbs 3:5-6**



Pray for our church to walk in unity, wisdom, and faith as we move forward together - trusting the Lord to direct our steps and steward what He's entrusted to us.

Where is God speaking to you as you pray?

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**DAY 9**

# DISCOVER KIDS & STUDENTS

"It is the Biblical duty of every generation of Christians to see to it that the next generation hears about the mighty acts of God" — John Piper

**Read 1 Peter 2:2**



Pray for Discover Kids, that they come to know and walk with Jesus at an early age, for protection, resiliency, and that they know they are loved. Pray that our students would desire God's Word and grow in spiritual maturity.

Where is God speaking to you as you pray?

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**DAY 10**

# MEN'S & WOMEN'S DISCIPLESHIP

"A Christian community either lives by the intercessory prayers of its members for one another, or the community will be destroyed."
— Dietrich Bonhoeffer

**Read 1 Thessalonians 5:9-11**



Pray that men and women who come would grow deeper in their walk and be encouraged and built up in Christ. Pray for the Bible Studies, Life Groups, Flourish, Forge, and all the discipleship ministries of Discover.

Where is God speaking to you as you pray?

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**DAY 11**

# THE WORD & YOUNG ADULTS

"If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world." — C.S. Lewis

**Read Colossians 3:16**



Pray that the Word would dwell richly in us and we would walk rooted, built up, and abiding in Christ. Pray specially for our Young Adults today!

Where is God speaking to you as you pray?

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**DAY 12**

# BE RECONCILED

"Jesus yearns for reconciliation – the estranged will be reunited, enemies will heal their differences, and perpetrators of violence will be restored to the communities that they betrayed" — Frank Rogers Jr.

**Read Matthew 5:23-24**



Jesus reconciled us to our Father in heaven, and now calls us to be reconciled to one another. Is there someone you need to seek out, and be reconciled to, today?

Where is God speaking to you as you pray?

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**DAY 13**

# DISCOVER CHURCH

"May the Lord raise up churches that display the glory and power of God's saving grace, outposts of heaven, suburbs of eternity. For the church is God's strategy, and there is no plan B." — Ligon Duncan

**Read Matthew 16:18**



Pray God will build His church through the finished work of Jesus Christ. Pray that we would continue to join him, not trusting in ourselves, but in the work of God alone.

Where is God speaking to you as you pray?

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DAY 14

# LIGHT OF THE WORLD

"The Church is the Church only when it exists for others." — Dietrich Bonhoeffer

**Read Matthew 5:14-16**



Pray that Discover would be a light that draws people unto HIM.

Where is God speaking to you as you pray?

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**DAY 15**

# LEADERS IN AUTHORITY

"Prayer honors God, acknowledges His being, exalts His power, adores His providence, secures His aid" — Charles Spurgeon

**Read 1 Timothy 2:1-2**



Pray for those in all levels of government; that they would seek the Lord and wisdom that comes from Him. Pray it would lead to us being peaceful, godly, and dignified.

Where is God speaking to you as you pray?

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DAY 16

# RETURN TO GOD

"Every true revival from that day to this has had its earthly origin in prayer." — Charles Spurgeon

**Read Jeremiah 24:7**



Pray that God would soften hearts, renew a desire to truly know Him, and gently draw those who have stepped away back into restored relationship with Him.

Where is God speaking to you as you pray?

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DAY 17

# OTHERS WOULD SEEK THE LORD

"Your church and ours is where heaven touches down on earth—where our prayers begin to be answered." — Collin Hansen

**Read Acts 17:26-27**



Pray for those that haven't found a church yet, that they are led here and find a church that feels like home. Pray that God would put someone on your heart to invite to our church this week.

Where is God speaking to you as you pray?

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DAY 18

# SERVING OUR COMMUNITY

"Our lives no longer belong to us alone; they belong to all who need us desperately." — Elie Wiesel

**Read Galatians 2:10 & James 1:27**



Pray that we would love and care for the poor, widows, and orphans in our community and have wisdom in how to do so.

Where is God speaking to you as you pray?

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**DAY 19**

# FREEDOM & HEALING

"To serve God, to love God, to enjoy God, is the sweetest freedom in the world." — Thomas Watson

**Read Galatians 5:1 & 2 Corinthians 1:3-5**



Pray that those in bondage would experience true freedom. Pray for those grieving, that they would be truly comforted. Pray for our Freedom That Lasts and Grief Share ministries as they serve those in our community.

Where is God speaking to you as you pray?

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DAY 20

# PRAY TO THE LORD OF THE HARVEST

"The church that does not evangelize will fossilize." — William Booth

**Read Matthew 9:36-38**



Pray for God to continue to raise up laborers here in Franklin, and around the world, so that others may know Him. Ask Him where He might be sending you!

Where is God speaking to you as you pray?

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**DAY 21**

# ON MISSION TOGETHER

"If sinners be damned, at least let them leap to Hell over our dead bodies. And if they perish, let them perish with our arms wrapped about their knees, imploring them to stay. If Hell must be filled, let it be filled in the teeth of our exertions, and let not one go unwarned and unprayed for." — Charles Spurgeon

**Read Matthew 28:18-20**



Pray that we would boldly share the gospel and live on mission among friends, coworkers, and family.

Where is God speaking to you as you pray?

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# MARK THE MOMENT



Date_____

Why I was fasting

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What kind of fast I chose _____

How long I chose to fast _____

**Closing Prayer**

Lord, let these 21 days not be a moment, but a movement in our lives. Form new habits, new hunger, and new holiness in us. Let prayer not be an event—but a lifestyle. Amen.

