

TWENTY-ONE DAYS OF PRAYER AND FASTING

DAILY PRAYER FOCUS

DAY 1 - Monday, January 1 st	WHO - Worshiper
DAY 2 - Tuesday, January 2 nd	WHO - Disciple
DAY 3 - Wednesday, January 3 rd	WHO - Worker
DAY 4 - Thursday, January 4 th	WHO - Witness
DAY 5 - Friday, January 5 th	WHO - Servant
DAY 6 - Saturday, January 6 th	WHO - Dreamer
DAY 7 - Sunday, January 7 th	Who God Wants Us To Be
DAY 8 - Monday, January 8 th	WHAT - Know God
DAY 9 - Tuesday, January 9 th	WHAT - Find Freedom
DAY 10 - Wednesday, January 10 th	WHAT - Discover Purpose
DAY 11 - Thursday, January 11 th	WHAT - Make a Difference
DAY 12 - Friday, January 12 th	WHAT - Kingdom Builder
DAY 13 - Saturday, January 13 th	WHAT - Next-Gen Focused
DAY 14 - Sunday, January 14 th	What God Wants Us To Do
DAY 15 - Monday, January 15 th	HOW - Love God
DAY 16 - Tuesday, January 16 th	HOW - Love People
DAY 17 - Wednesday, January 17 th	HOW - Pursue Excellence
DAY 18 - Thursday, January 18 th	HOW - Choose Joy
DAY 19 - Friday, January 19 th	HOW - Live Generously
DAY 20 - Saturday, January 20 th	HOW - Believe Big
DAY 21 - Sunday, January 21 st	How God Wants Us To Live

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The following are general prayer points you can pray for each of the 21 Days.

Humble Ourselves. Asking for forgiveness for our sins and the sins of our land.

Seeking God. Declaring our dependence on God in every area of our lives.

His Kingdom Come. Praying for the completion of the Great Commission and for revival in our generation.

Hear from Heaven. Inviting the Presence of God in our church and our lives (souls saved, signs, wonders, miracles, and transformed lives.)

Next Steps. Praying for all people in their journey of faith to Know God, Find Freedom, Discover Purpose, and Make a Difference

FASTING

Fasting is saying no to feeding your body, so you can say yes to feeding your spirit. It helps us celebrate the goodness and mercy of God and prepares our hearts for all the 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 follow what the Holy Spirit leads you to do.

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.