

# 21 Days of *Prayer & Fasting*

Join us for twenty one days of  
prayer, fasting, and consecration.



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On January 11th, we are inviting our church to join in 21 days of corporate prayer and fasting. For three weeks, we will focus our petitions through individual and corporate prayer and stir our spiritual appetites through the spiritual discipline of fasting.

We have information below to help guide you through the 21-day prayer and fasting initiative. There are tips on how to pray, what to pray for, how to fast, and how to integrate Scripture reading into this month of prayer and fasting.

# Prayer

## Praying Alone:

Prayer is a vital part of the Christian life. It's a spiritual habit that grows with us through our discipleship to Jesus. So it doesn't matter if you've never prayed or if you've been praying for years; there is always room to grow and go deeper. The simplest definition of prayer is conversation with God. As you take part in these 21 days of prayer and fasting, challenge yourself to make time every day to be in conversation with God through prayer. A lot of people like to do this first thing in the morning, in what's popularly known in Christian lingo as a "quiet time."

The 24-7 Prayer Movement gives this simple framework for quiet time & prayer using the acronym **P.R.A.Y.**

**P** - Pause: sit quietly for a minute, stilling your soul.

**R** - Rejoice: start your prayer with praise and thanks to God.

**A** - Ask: Tell God what's on your heart. Pray through your day. Bring the people, needs, and prayer points on your prayer lists to God if you have one.

**Y** - Yield: Take time to confess your sins and forgive those who have sinned against you. Surrender yourself to God, and spend time in silence, opening up yourself to hear from God. End your prayer with a picture of your life, your needs, and everything else safely in God's hands.

## Praying Together:

During our month of prayer and fasting, we will have three corporate prayer nights. On these nights, we will worship and spend time praying together as a church. Praying together is something God's people have done through the ages, and we will be joining in a long tradition of corporate petition as we seek God together and ask Him to move in the world around us.

*Prayer nights will be held on:*

January 15th @ 6:30 PM

January 22nd @ 6:30 PM

January 29th @ 6:30 PM



# *Fasting*

Fasting is the Christian practice of abstaining from food for a certain amount of time. Fasting allows us to stir a spiritual hunger and increase an appetite for spiritual things.



Richard Foster, a Christian theologian and author who has written extensively on spiritual disciplines, has said “Fasting reminds us that we are sustained “by every word that proceeds from the mouth of God (Matt. 4:4).” Meaning, when we fast and remove something as essential to our lives as food, we are reminded that our truest and deepest need is God, His Word, and His presence. This brings us to a very important part of fasting: while we fast certain foods, meals, or beverages, or abstain from certain activities, we need to fill the time we’d spend doing those things with Bible reading and prayer\*. This is a way for us to acknowledge our deeper, spiritual needs by “filling” the space fasting creates in our time, energy, and attention with God’s Word and presence.

#### Types of Fasts:

Biblically speaking, fasting is the strict abstinence of food. However, this definition has been broadened among many Christian traditions to allow for different types of fasts or periods of abstinence.

Please prayerfully and carefully choose what type of fast you’ll be doing this month. It may not be safe or wise for some of us to go without food for long periods of time, or to make sudden changes to our diets. Please advise a physician, mentor, or guardian before making the decision to start a fast that requires a serious calorie restriction.

Here is a brief overview of the different types of fasts people normally do:

**A liquid fast:** During this type of fast, you consume only liquids, and no solid food.

**A partial fast:** During a partial fast, you may choose to only fast certain meal times or restrict certain types of food. Examples of this would be a morning to evening fast, a meal fast, or a fast that only allows you to eat fruit, vegetable, and grains (sometimes called the “Daniel Fast”)

**A digital fast:** During digital fasts, you choose to abstain from certain technologies or forms of entertainment like social media, Youtube, television, or video games.





## \*A Note on Bible Reading:

If you're new to Bible study, or have found it hard to get the most out of your reading, here are a few Bible study frameworks that may help you integrate regular Bible reading into your 21 days of prayer and fasting.

The **B.R.E.A.D.** framework is borrowed from Bridgetown Church, and is a 5-step guide for daily Bible reading.

**Be Still** - Take a moment to pray and still your mind before you begin to read.

**Read** - Read slowly over the passage. No need to rush.

**Encounter** - As you read, begin to notice things that stick to out to you, and then read the text again.

**Apply** - Ask God how you can embody what His Word is speaking to you today.

**Devote** - Close your time in prayer, taking everything you've read, noticed, or felt led to apply to God.

### Other Helpful Resources:

#### Podcasts:

- The Rule of Life Podcast  
(Prayer: Episodes 01-04 and Fasting: Episodes 01-04)
- Practicing the Way
- Ask the Pastor With J.D. Grear  
(Spiritual Disciplines: Episodes 1-5)

#### Books:

- Praying Like Monks, Living Like Fools
- How to Pray: A Simple Guide for Normal People
- Practicing the Way
- Celebration of Discipline



# 21 Prayer Prompts & Passages

Follow along with these twenty one  
passages and prompts as a guide through  
our fasting journey together

Day 1	Ask God to lead our church towards individual and corporate consecration. Ask Him to set us apart for his purpose, presence, and glory.	<i>1 Peter 2:9-12</i>
Day 2	Jesus teaches us that our relationships with others matter, and that (as much as it's up to us) we should live in right standing with others. If there is anyone you need to forgive or make amends with, bring that relationship to God today.	<i>Mark 11:25</i>
Day 3	What specific needs, desires, or requests are you bringing to God during our 21 days of prayer & fasting? Name specific ways you hope to see God move this month.	<i>1 Peter 5:7</i>
Day 4	Pray for the city of Conroe, and ask God how Wake can be a light to our community.	<i>Matthew 5:13-15</i>
Day 5	Fasting challenges us to put aside our physical appetites so we can stir a spiritual appetite for the things of God. Ask God to stir a new hunger in your heart this month.	<i>Psalm 42:1-2</i>
Day 6	Pray for Re engage, a new marriage ministry that will be launching at Wake this year. Pray that it will serve couples and families in our church & community.	<i>Ephesians 5:31-33</i>
Day 7	How have you encountered God through your first week of prayer & fasting? Thank Him for what He's doing in and around you.	<i>Psalm 72:18-19</i>
Day 8	Pray for our church today and ask God to continue the work He's doing at Wake.	<i>Acts 2:42-47</i>
Day 9	Jesus teaches us that our prayer & fasting should never be for show or external validation. Ask God to help purify the motives of your fasting and prayer so it can truly be done for Him alone.	<i>Matthew 6:5-6</i>
Day 10	Are you praying on behalf of someone else during the 21 days of prayer & fasting? Bring them and their need(s) before God today.	<i>1 Timothy 2:1</i>
Day 11	Pray for our nation, and ask God to do a work of revival in America.	<i>2 Chronicles 7:14</i>

Day 12	Fasting invites us to identify with the poor and needy who hunger and go without, but not by choice. Ask God to lead you to opportunities to show his generosity and compassion to those in need.	<i>Matthew 25:34-40</i>
Day 13	Pray for Wake Missions and the global mission trip they are planning to take to Rwanda this summer.	<i>Matthew 28:19</i>
Day 14	How have you encountered God through your second week of prayer & fasting? Thank Him for what He's doing in and around you.	<i>Psalm 92:1-2</i>
Day 15	Lift up the ministries, leaders, and volunteers who will serve our Wake Family at church today. Ask God to continue to lead and enable them to serve our church.	<i>Romans 12:4-5</i>
Day 16	Jesus teaches us to pray persistently. Let's not lose heart during these 21 days of prayer & fasting; keep asking, keep seeking, keep knocking.	<i>Luke 18:1-8</i>
Day 17	Is there a part of your fast that is especially challenging for you today? Ask God to strengthen you in your weakness.	<i>2 Corinthians 12:9</i>
Day 18	Pray that the gospel would reach the ends of the earth, and that all would hear the good news about Jesus.	<i>Romans 10:14-15</i>
Day 19	Fasting allows us to die to ourselves and submit our flesh to the Spirit. Ask God to help you live more fully surrendered to His Spirit today.	<i>Romans 8:12-14</i>
Day 20	Pray for Wake's current & future Next Gen Ministries (Wake Kids, Wake Youth, Wake Y.A., Wake 5th & 6th).	<i>Matthew 19:13-15</i>
Day 21	How have you encountered God through these 21 days of prayer & fasting? Thank Him for what He's done in and around you.	<i>Psalm 105:1-3</i>

