

# 21 DAYS OF PRAYER + FASTING

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## THE WAY OF JESUS

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As B4Church embarks on 21-days of prayer and fasting, we hope this guide serves as an invitation to let the inner transformation of your heart express an outward, Gospel-centered devotion. These prayer prompts are designed to help guide you day-to-day, but what about fasting? What is it and how do we do it?

Fasting is an ancient practice among Christians where one would refrain from eating, or sometimes drinking, for a period of time in order to fully focus one's attention on God. For example, one might skip a single meal each day for 21 days, devoting that time to prayer. Or, another person might choose to not eat and only drink liquids for a series of days each week. Of course, one must be careful to do so in ways that are wise and medically sound. *(If you have any health concerns, consult your healthcare provider before fasting.)*

Why we fast is more important than what we forego or how we do so. For example, it needn't always be food. In Jesus' day there was no social media or a vast entertainment industry. A 21-day fast of social media or commercial entertainment might have more spiritual benefits in our culture than fasting from food.

In Matthew 6, Jesus teaches us about prayer and fasting, He begins the teaching by saying, "When you fast,..." He doesn't say "if," He says, "when." Jesus assumed those who were His followers would fast. As we approach fasting, we must remember Jesus' heart for fasting is rooted in the desire for us to know God deeper and set aside distractions. This gives more room for the Spirit to move in and around us. Whatever you choose to fast, and for however long, do it because you want to encounter Jesus in a more intimate and powerful way.

We look forward to the next 21 days of prayer and fasting with you.

## **DAY 1** HEART OF WORSHIP

As you pray, express your desire to know Jesus more. Thank Him for His love, grace, and favor. Pray He increases your longing for Him today. (Luke 10:42, Ps 63:1-2)

## **DAY 2** FREEDOM

Invite God's Spirit to free you from anything that is holding you back, or bringing you down. Trust Him to release you from things that keep you down. (2 Cor 3:16-18)

## **DAY 3** VULNERABLE HEART

When you pray, be honest about any lack of vulnerability you may have, and move to a place of trusting God with the most intimate aspects of who you are. (Isa 26:8-9, Ps 51:17)

## **DAY 4** REPENTANCE + FORGIVENESS

Ask God to reveal things you need to admit were wrong, and receive His unconditional forgiveness. Let it wash over you. In this same heart, consider those who may have offended you this week, and offer forgiveness to them. (Matt 18:32-35, Rom 1:28-31, Rev 22:14)

## **DAY 5** HEALING

Invite the healing power of Jesus to mend what is broken in you and to restore you to full health in mind and body and spirit. (Mal 4:2-3, Luke 1:74-75)

## **DAY 6** SPIRITUAL DISCERNMENT

Pray that God might increase your spiritual sensitivity and understanding of His truth, so that you may know His will and walk in it. (Phil 1:9; Heb 4:12, 5:14; John 8:44; Eph 2:2)

## **DAY 7** PEACE

What are you afraid of right now? What are you worried about? Be honest with those fears and surrender them to God in exchange for His peace. Pray that God guards your heart and mind and stay in His Shalom. (Prov 29:25, Isa 30:15, Phil 4:7)

## **DAY 8** OBEDIENCE

As you pray, ask God if there's anything He wants you to do. It's a scary question, but a good one. Then, ask that God gives you the courage to do what He has commanded, and follow the path He has set before you. (Phil 2:5-8, Ezek 36:27, Heb 2:12)

## **DAY 9** MIND OF CHRIST

Pray that God might allow you to see and think as He sees and thinks, that you might live towards others the way that He does. (2 Cor 10:5, 1 Cor 2:16, Phil 4:8)

## **DAY 10** BE FILLED WITH THE HOLY SPIRIT

Every day, the Spirit of God is all around us. As you pray, become aware of His presence and then invite Him to guide you, and even be 'in' you. (Ps 1:3, John 15:5-7, Gal 5:22-23)

## **DAY 11** COURAGE

Living like Jesus in our world takes courage. Pray that God would give you the ability to do as He would do, and live as He would live today. (1 Thess. 4:3-7, Heb 12:10, Eph 1:4-5)

## **DAY 12** VISION

Jesus frequently restored people's sight. But it wasn't always physical. It was often spiritual sight. Pray that your spiritual eyes would be opened and that you would have fresh vision for your day. (John 6:38, Eph 5:1, Heb 13:21)

## **DAY 13** BECOMING MORE LIKE JESUS

Being a disciple of Jesus means we become more like Him. Take time to invite the Holy Spirit to shape and mold you to be more like Jesus. (1John 3:1-3, 2 Cor 3:18, Gal 2:20)

## **DAY 14** LIVE AS YOU ARE CALLED

God has placed you, right where you are, for a reason. Take time to consider what His purpose may be for you in this space and time, and express your desire to lean into it. (Eph 1:11, 2 Tim 1:9, 1 Cor 7:17, 1 Pet 2:9)

## **DAY 15** SERVE

God has given you great gifts and abilities. Ask God to reveal how you might use your gifts to serve Him. (Isa 6:8, 1 Pet 4:10-11, John 14:12-14)

## **DAY 16** JESUS TO BE KNOWN

Pray that the message of Jesus' love and hope reaches those who need it most and that people's hearts will be opened to say "yes" to following Him. (Matt 9:37-38, 24:14; 2 Pet 3:9)

## **DAY 17** MARRIAGE + FAMILIES

Pray for the marriages, healthy parent-children bonds, sibling connections, and restoration of people you know. Pray for their healing and wholeness. (Mal 4:6; Eph 5:22-33, 6:1-4)

## **DAY 18** THE VISION OF B4CHURCH

Pray that B4Church can foster an embracing, welcoming spiritual home for people of all ages and cultural backgrounds to worship God & live out the gospel together.

## **DAY 19** UNITY AMONG CHURCHES

Pray that churches in our region would be united and that together we would spread the love of Jesus, and increase in our impact. (John 17:20-23, Eph 4:3-6, Rom 15:5-6)

## **DAY 20** AWAKENING

Pray that people would be awakened to the reality of God's presence. Pray that those who follow Jesus would experience a vibrant faith and that those who do not yet know Him would choose to become His followers. (2 Chron 7:14, Ps 85:6; Hab 3:2, Isa 57:15)

## **DAY 21** THE GOVERNMENT

Pray for the leaders of governments everywhere. Pray that God will give them the wisdom to make wise decisions and to govern with integrity, justice, and mercy. Specifically, pray against corruption in governments around the world. (1 Tim 2:1-2, Rom 13:1, Titus 3:1-2)

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