



**PRAYER GUIDE
JANUARY 2025**

**THE
WITNESS**
∞ Gather Grow Go

**21 DAYS of
PRAYER and FASTING**

CREATING A LIFESTYLE OF PRAYER

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. - MARK 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME.

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A CERTAIN PLACE.

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN.

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

CREATING A LIFESTYLE OF FASTING

Fasting helps us draw near to God and eliminates distractions for a spiritual purpose. In committing to a fast for the next 21 days, here are some things you should consider before starting your fast.

WHAT TYPE OF FAST SHOULD YOU DO?

You could fast a certain food item, a specific meal each day, or a common activity such as television or social media. Here are some types of fasts you could choose to do for the 21 Days:

- 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 meats, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.
- Partial Fast – This fast, sometimes called the “Jewish Fast”, involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times, 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.

BEGIN AND END THE FAST WELL.

If you have any health concerns, consult your physician before beginning a food fast. If you are fasting food, begin and end the fast gradually by slowly removing/returning regular foods back into your diet. It is important to know your body and make smart, healthy decisions when fasting.

HOW TO USE THIS BOOK

We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with prayer and for your prayer life to become more natural, effective, and enjoyable. To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. The important step is committing to regularly entering God's presence through prayer.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

Over the next twenty-one days, we encourage you to read the scripture for each day, meditate on it, and let it speak to you. The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

To help you get started, each scripture includes a written prayer for you to use as a way to begin your conversation with God. Throughout your prayer time, use the journal space at the bottom of the page to write down thoughts and ideas that you receive during your devotional time. Let God speak to you in a way that ONLY GOD can!

PERSONAL PRAYER FOCUS

God has put us on the earth at this specific time for a reason. He says in Acts 17:26 that He determined when and where we would live. Knowing this, we can look at those around us at this specific time in history, and take personal responsibility to pray.

Throughout the 21 Days, pray for those in authority and those under your authority. Pray for those in your family and your circle of influence (anyone you're connected to). To help you with this, use this page to write down the names of specific people you will be praying for during the 21 Days of Prayer and Fasting.

MY GOVERNMENT

President _____

National Leaders _____

State Leaders _____

City Leaders _____

MY FAMILY

Spouse _____

Children _____

Parents _____

Siblings _____

Extended Family _____

MY CHURCH

Pastors _____

Small Group _____

MY LIFE

Friends _____

People who need God _____

DAY 7 (Night of Prayer from 5-6pm)

SCRIPTURE:

And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

ROMANS 8:28

PRAYER:

“God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don’t feel good and that I can’t see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When you say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank You for having a purpose for me and for working all my life circumstances for good.”

NOTES:

DAY 10

SCRIPTURE:

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

ROMANS 8:38-39

PRAYER:

“God, I am in awe of Your love for me. You are so great, and I am so small, yet You love me fully. I remind my soul today that nothing can separate me from Your love—I am so grateful! There is nothing I can do to win or lose Your love; You love me without condition. Because I know nothing on earth, in time or space, or anything in existence can separate me from Your love, I will live confidently and peacefully knowing I have always been and will always be fully loved by You.”

NOTES:

DAY 12

SCRIPTURE:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

PRAYER:

“Father, my heart feels anxious (tell God what is giving you anxiety), but I’m thankful I can come to You and receive peace. Even though my mind and heart are racing, I’m coming to You knowing that You provide healing and calm for my soul. Thank You for giving me breath and life. I thank You that I am fearfully and wonderfully made in Your image. I lay down all worries, all my physical and mental anxiety, and any attempt to try and control it all. I surrender it all to You. Even when things are unstable around me, I pray that Your peace will be evident in my heart and my life. Guard my heart and mind, God. I trust that You are faithful, and I receive Your peace in my life today.”

NOTES:

DAY 15

SCRIPTURE:

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

MATTHEW 11:28-30

PRAYER:

“Lord Jesus, I am so tired and worn out (tell God the areas that you’re tired and weary). I feel exhausted mentally and physically. Life feels hard, and I feel like I can’t keep up my current pace. You invite me to come to You when I am weary, and I fall at Your feet desperate for rest, peace, and perspective. Show me where I am trying to do things on my own. Show me where I need to rest instead of strive. Teach me Your ways. Show me how to walk in gentleness, humility, and rest. I know Your ways are higher than my ways, and I pray that You will transform my heart and mind to be more like You.”

NOTES:

DAY 18

SCRIPTURE:

Praise the Lord, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.

PSALM 103:2-5

PRAYER:

“Father, in the Name of Jesus, I come before You asking for healing for (name yourself or someone you are praying to experience healing). My hope is in You as our healer. I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to you, including (name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. Thank You that the Spirit that raised Jesus from the dead lives in us. I stand in faith, believing for healing for (yourself or someone you’re praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives.”

NOTES:

DAY 20

SCRIPTURE:

But the Lord is faithful, and He will strengthen and protect you from the evil one.

2 THESSALONIANS 3:3

PRAYER:

“God, I bow in worship to praise You. Thank You for making a way for me through Your Son, Jesus. I surrender myself completely in every area of my life to You. I choose to be transformed by the renewing of my mind. I reject every thought that tries to compete against the knowledge of Christ. I pray and thank You for a sound mind, the mind of Christ. Today and every day I ask for protection over my family and loved ones; all immediate family members, relatives, friends, acquaintances, and myself. I ask for protection during all of our travels. I ask You to watch over our financial security, possessions, health, and safety. All that I have is Yours God, and I declare that Satan cannot touch me or anything You have given me. He will not take what You have given me as I am protected and provided for by You and You alone.”

NOTES:

DAY 21 (Night of Prayer from 5-6pm)

SCRIPTURE:

Jabez cried out to the God of Israel, "Oh, that You would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.

1 CHRONICLES 4:10

PRAYER:

"Father God, I pray that You would bless me with more than I need so that I can bless others. I pray for more provision, that You would equip me to give generously to others and meet their practical needs in Your Name. I ask You to give me greater spiritual gifting so that I can strengthen the church and be more effective for the Kingdom of God. I pray for an abundance of wisdom and discernment so that I can point others to You and make decisions that honor You. Help me keep Your generous blessings in perspective, so that I never become self-serving but stay focused on using what You've given me to serve other people."

NOTES:



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