



FIXED ON GOD

21 DAYS OF

PRAYER & FASTING

AUG 16 - SEPT 5



A GUIDE FOR PRAYER

The purpose of this time of prayer and fasting is to personally and corporately move our church into focusing on God, Jesus and the Kingdom of Heaven. The current events in our world not only distract us from what is important, they allow a foothold of fear and anxiety that limits the church in power, faith and energy. The theme of our 21 Days of Prayer and Fasting is “Fixed on God” which is based on the following Scripture:

*You will keep perfect peace, all who trust in you,
all whose thoughts are fixed on you. - Isaiah 26:3*

Prayer is a lifestyle each Christian and church should cultivate. Use these tips as a guide to cultivate your prayer life:

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 an outline. We call it “The Lord’s Prayer” and we focus on this prayer week 1. The next 2 weeks, we look at the attributes of our mighty God and the power of our Savior Jesus.

MEDITATE ON THE BIBLE PASSAGES ON THE PAGE: Let the Holy Spirit speak to you through the Scripture readings for each day. Ask Him to show you how the verses address your life, your family, our church, and our community.

PREPARE YOUR HEART FOR INTERCESSION: Let the Holy Spirit draw you into God’s presence and respond to Him as He directs you. Open your heart and your life to Him before, during, and after your time of prayer.

A GUIDE FOR FASTING

Fasting is a discipline that God’s people have practiced in both the Old and New Testaments and throughout church history. We encourage all of our church to consider trying some form of fasting during this 21 Days of Prayer and Fasting event.

In the original languages, the word fasting simply means to shut, refrain and/or abstain. Fasting is sacrificing something I value to pursue, something God values for and/or through me. Fasting is denying myself what I desire as a way of putting my desire for God first. It is disconnecting with the world so I can make a deeper connection with God. What makes fasting rich and powerful is by using the time to pray, read the Bible, and worship God. If our fasting is not coupled with prayer and Bible reading, it is simply a diet.

TYPES OF FASTS: Your personal fast should present a level of challenge, but it is very important for you to know your body and your options:

- **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 types of food from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet; you 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 sundown to sundown.
- **SOUL FAST:** This fast is a good option if you do not have much experience in fasting from food, if you have health issues that prevent you from fasting from 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, replacing that time with more intentional time with God, listening to worship music, reading a book that helps you grow in your faith, etc.

A Kids Prayer & Fasting guide is available for families with children.

WEEK 1 - DAY 2

Day 2: “hallowed be Your name”

Worship His name.

God’s name is a place of protection - the righteous can run there and be safe. Proverbs 18:10

What are His names? Reflect on each today and worship Him in prayer and song.

- Righteousness – He makes me clean
- Sanctifier – He has called me and set me apart
- Healer – He heals all my diseases
- Banner of Victory – He has defeated my enemy
- Shepherd – He speaks to me and leads me
- Peace – He is my peace in every storm
- Provider – He supplies all of my needs

Journal

WEEK 1 - DAY 3

Day 3: “Your Kingdom come, Your will be done on earth as it is in heaven”

Pray His agenda first.

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern. Luke 12:31

Reflect and pray on God’s priorities:

- Saving the lost
- Guiding those in authority: parental, spiritual, governmental, workplace
- His will in us

Journal

WEEK 1 - DAY 4

Day 4: “Give us this day our daily bread”

Depend on Him for everything.

I look up to the mountains - does my help come from there? My help comes from the Lord, who made heaven and earth! Psalm 121:1-2

Ask God for what you want and need and then trust Him for the answer.

Journal

WEEK 1 - DAY 5

Day 5: “Forgive us our debts as we forgive our debtors”

Get your heart right with God and people.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind. Forgive anyone who has offended you in any way. You can even forgive people in advance.

Journal

WEEK 1 - DAY 6

Day 6: “Do not lead us into temptation but deliver us from the evil one”

Engage in spiritual warfare.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Ephesians 6:12

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God’s Word.

Journal

WEEK 1 - DAY 7

Day 7: “For yours is the Kingdom and the Power and the Glory forever.”

Express faith in God’s ability.

Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.
Jeremiah 32:17

End your prayer time by reminding yourself of God’s ability. Return to praise and make your faith declarations.

- “Yours is the Kingdom” – all rule belongs to You
- “Yours is the Power” – all mightiness flows from You
- “Yours is the Glory” – Your victory shall be complete

Journal

WEEK 2 - DAY 2

WEEK 2 - DAY 3

Day 2: God is omnipresent.

I can never escape from your Spirit! I can never get away from your presence! If I go up to heaven, you are there; if I go down to the grave, you are there. If I ride the wings of the morning, if I dwell by the farthest oceans, even there your hand will guide me, and your strength will support me. I could ask the darkness to hide me and the light around me to become night - but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you. Psalm 139:7-12

God is always-everywhere! To be omnipresent is to be in all places, at all times. In a very real way God is always near us. Pray today that I can recognize God's presence, even when I am tempted, as He sees all and knows my heart. Pray for comfort for yourself or others who struggle with loneliness and deep sorrow during this difficult time in our nation.

Journal

Day 3: God is good.

You have done many good things for me, LORD, just as you promised. I believe in your commands; now teach me good judgment and knowledge. I used to wander off until you disciplined me; but now I closely follow your word. You are good and do only good; teach me your decrees. Arrogant people smear me with lies, but in truth I obey your commandments with all my heart. Their hearts are dull and stupid, but I delight in your instructions. My suffering was good for me, for it taught me to pay attention to your decrees. Your instructions are more valuable to me than millions in gold and silver. Psalm 119:65-72

God is infinitely and unchangingly kind. God takes pleasure in the joyfulness of His people and giving blessing and reward. God is always good. Count your blessings in prayer today and journal them below. Think of the endless ways God is good to you and others. Pray also, when we are struggling, that we don't question God's goodness and can trust He is at work bringing good for what was intended as evil.

Journal

WEEK 2 - DAY 4

Day 4: God is just.

He is the Rock; his deeds are perfect. Everything he does is just and fair. He is a faithful God who does no wrong; how just and upright he is! Deuteronomy 32:4

Being “just” means God is simply fair. He will always do what is right and good towards mankind. God is infinitely right and perfect in all that He does. God also has justice on sin and evil. Through Jesus the saved get mercy and those who reject God get justice. Give thanks in prayer for God sending Jesus to the cross to die in our place, taking the punishment we deserve and in mercy, sparing us from the justice of our sins.

Journal

WEEK 2 - DAY 5

Day 5: God is sovereign.

Yours, O LORD, is the greatness, the power, the glory, the victory, and the majesty. Everything in the heavens and on earth is yours, O LORD, and this is your kingdom. We adore you as the one who is over all things. Wealth and honor come from you alone, for you rule over everything. Power and might are in your hand, and at your discretion people are made great and given strength. O our God, we thank you and praise your glorious name! 1 Chronicles 29:11-13

Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. Matthew 10:29

Sovereignty is good news for us as believers as it tells us that God has divine control over everything. His sovereignty is over all creation, the efforts of the wicked, the power of storms and even our own thoughts and actions. There is nothing outside the control of His loving hand. Pray that no matter how chaotic a situation may seem, we need not fear for God is still on the throne and in control of everything.

Journal

WEEK 2 - DAY 6

WEEK 2 - DAY 7

Day 6: God is faithful.

I will sing of the LORD's unfailing love forever! Young and old will hear of your faithfulness. Your unfailing love will last forever. Your faithfulness is as enduring as the heavens. The LORD said, "I have made a covenant with David, my chosen servant. I have sworn this oath to him: 'I will establish your descendants as kings forever; they will sit on your throne from now until eternity.'" All heaven will praise your great wonders, LORD; myriads of angels will praise you for your faithfulness. For who in all of heaven can compare with the LORD? What mightiest angel is anything like the LORD? The highest angelic powers stand in awe of God. He is far more awesome than all who surround his throne. O LORD God of Heaven's Armies! Where is there anyone as mighty as you, O LORD? You are entirely faithful. Psalm 89:1-8

God is infinitely and unchangingly true. His promises are sure. God cannot be unfaithful. Being faithful means God never forgets anything, never fails to follow through, never changes His mind or takes back a promise. His faithfulness pours out of His love. Pray today that God's faithfulness to us inspires us to be faithful to Him. Journal an area of your life you need to be more faithful to God and others.

Journal

Day 7: God is love.

Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love. 1 John 4:7-8

God's love is an "umbrella" attribute that covers all His attributes together. We comprehend God's love in light of all His other attributes. A.W. Tozer writes "Self-sufficient as He is, He wants our love and will not be satisfied till He gets it. Free as He is, He has let His heart be bound to us forever. God's love is active, drawing us to himself. His love is personal. He doesn't love humanity in some vague sense, he loves humans. He loves you and me. And his love for us knows no beginning and no end." Give God praise for His unending love. Journal below all the ways God makes Himself known to you through His love.

Journal

WEEK 3 - DAY 2

Day 2: The Power over Distance

As he traveled through Galilee, he came to Cana, where he had turned the water into wine. There was a government official in nearby Capernaum whose son was very sick. When he heard that Jesus had come from Judea to Galilee, he went and begged Jesus to come to Capernaum to heal his son, who was about to die. Then Jesus told him, "Go back home. Your son will live!" And the man believed what Jesus said and started home. John 4:46-50

Jesus' power has no limits, even over distance. The miracle cure of the government official's son happened while Jesus was 17 miles away. Jesus' power can work in your prayer, even if a need is a thousand miles away. Don't feel powerless or hopeless because of a need that is far away from you. Journal below your concerns and needs that are miles, even continents, away from you. Hold those concerns and needs up in prayer today and believe your prayer is heard and acted upon! Check your journal weeks or months later and reflect how God has responded.

Journal

WEEK 3 - DAY 3

Day 3: The Power over Time

One of the men lying there had been sick for thirty-eight years. When Jesus saw him and knew he had been ill for a long time, he asked him, "Would you like to get well?" Jesus told him, "Stand up, pick up your mat, and walk!" John 5:5-8

Jesus' power is not limited by time. Continue to be diligent in praying for a need, even if that need has existed for decades.

Journal

WEEK 3 - DAY 4

Day 4: The Power over Quantity

“Tell everyone to sit down,” Jesus said. So they all sat down on the grassy slopes. (The men alone numbered about 5,000.) Then Jesus took the loaves, gave thanks to God, and distributed them to the people. Afterward he did the same with the fish. And they all ate as much as they wanted. John 6:10-11

Jesus’ power multiplied 5 loaves and two small fish to feed 5,000. No need, no matter how big, is beyond His power. Pray for a situation that you believe is overwhelming, and trust in His power to multiply and meet your need.

Journal

WEEK 3 - DAY 5

Day 5: The Power over Nature

Soon a gale swept down upon them, and the sea grew very rough. They had rowed three or four miles when suddenly they saw Jesus walking on the water toward the boat. They were terrified, but he called out to them, “Don’t be afraid. I am here!” John 6:18-19

As the apostles strained on the oars against the storm, Jesus arrived, walking on water, and calmed the storm. Jesus has been given all power and authority, even over nature, disease and calamity. What prayer can we give to Jesus that even trusts His power to overcome nature?

Journal

WEEK 3 - DAY 6

Day 6: The Power over Misfortune

“Rabbi,” his disciples asked him, “why was this man born blind? Was it because of his own sins or his parents’ sins?” “It was not because of his sins or his parents’ sins,” Jesus answered. “This happened so the power of God could be seen in him. He told them, “The man they call Jesus made mud and spread it over my eyes and told me, ‘Go to the pool of Siloam and wash yourself.’ So I went and washed, and now I can see!”
John 9:2-3, 11

Jesus, the Light of the World, brought light to the eyes of the blind man (blind since birth!). No hoopla, no fanfare. What prayer can we bring to Jesus to trust in His power in our misfortune or that of another person?

Journal

WEEK 3 - DAY 7

Day 7: The Power over Death

Then Jesus shouted, “Lazarus, come out!” And the dead man came out, his hands and feet bound in graveclothes, his face wrapped in a headcloth. Jesus told them, “Unwrap him and let him go!”
John 11:43-44

When Lazarus died, his sister’s hopes died with him. However, Jesus transformed their impossibility into the perfect opportunity to glorify God by bringing Lazarus back to life. The power of Jesus will make the impossible – possible, even in our death. Praise Jesus today for the hope we have, that one day our lifeless bodies will rise up new and alive!

Journal
