



21 DAYS OF PRAYER & FASTING IN 2021

# FASTING



"Prayer does not fit us for the greater work; prayer is the greater work."

- Oswald Chambers

## Bethlehem Church,

2020 was a year for the books, one which many of us would like to close, put on the shelf, and never revisit! As we look ahead to 2021 and all of the hope and possibilities that this new year has in store for us, the temptation to overlook God's faithfulness to us throughout the past year is real. Many of us are just thankful that 2020 is over! But God is faithful, and He was with us in 2020, just as He will be present in 2021 no matter what obstacles come our way. So we choose to look back and remember with thankfulness and praise to our God. Despite our circumstances, God is faithful, and He is with us through it all.

As we head into 2021, we want to make room for God to move in powerful ways. We want to make space for Him to do His will and to work miracles in us and through us individually as Christ-followers, as well as corporately as a church. We want to set aside every hindrance and anything that would hold us back.

As we do so, we want to kick 2021 off right by entering into a period of prayer and fasting over the next 21 days.

Instead of thinking about prayer as a last resort, let's ask God to rightsize our vision and understanding of prayer: that prayer is the most powerful tool that we have. We should be quick to pray in the supernatural before we try anything in the natural!

Are there things in your life or your loved ones' lives that need to change for the better? Do you need a breakthrough that only God can perform? Are you ready to be set free from some habits that you have held onto for too long? God promises His people that He will respond to our time of focused prayer as we seek His face together. 2 Chronicles 7:14 says, "If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land."

As a church, we are entering into a powerful time of unity and agreement through prayer. We will enter God's presence together daily, praying for the power of the Holy Spirit to sweep through our circumstances, giving us the breakthroughs that we need in our lives and the life of our church! We believe that this season--the next 21 days--will be a defining moment in our lives, in our relationships with God, as well as the life of Bethlehem Church!

Jason

**AGAIN I SAY TO YOU, IF TWO OF YOU AGREE ON EARTH ABOUT ANYTHING THEY ASK, IT WILL BE DONE FOR THEM BY MY FATHER IN HEAVEN. FOR WHERE TWO OR THREE ARE GATHERED IN MY NAME, THERE AM I AMONG THEM. MATTHEW 18:19-20**

## **WHY FAST?**

Simply put, biblical fasting is a spiritual discipline with the purpose of drawing nearer to God. The goal of fasting is to eliminate distractions, aligning ourselves with God and praying according to His will. Fasting gives us spiritual eyes to see so that we may pray in order to accomplish His purposes and not our own. It is like a spiritual reboot for our soul, renewing and resetting us from the inside out. It also helps us to celebrate the goodness and mercy of God by shifting our focus on Him and away from ourselves, preparing our hearts for all the good things God wants to do and bring into our lives. Remember, your personal fast should present a level of challenge to you, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit is leading you to do.

We see fasting practiced all throughout scripture.

## **EVEN JESUS FASTED!**

**HOW DO WE CLOTHE OURSELVES WITH STRENGTH?**



**WHAT DOES IT MEAN TO CLOTHE OURSELVES WITH STRENGTH**



**MUCH LIKE A WARRIOR MUST PUT ON ARMOR BEFORE GOING INTO A PHYSICAL BATTLE, WE MUST PUT ON SPIRITUAL ARMOR BEFORE HEADING INTO OUR OWN “BATTLES.”**

Scripture tells us to clothe ourselves with strength: “Wake up, wake up, O Zion! Clothe yourself with strength. Put on your beautiful clothes, O holy city of Jerusalem, for unclean and godless people will enter your gates no longer. Rise from the dust, O Jerusalem. Sit in a place of honor. Remove the chains of slavery from your neck, O captive daughter of Zion” (Isaiah 52:1-2).

# **PHILIPPIANS 4:6-7**

Do not be anxious about anything, but in everything by **PRAYER AND SUPPLICATION WITH THANKSGIVING** let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

# TYPES OF FASTS

## COMPLETE FAST

In this type of fast, you drink only liquids, typically water and/or light juices as an option.

## SELECTIVE FAST

This type of fast involves removing certain foods 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 involves abstaining from entire meals for a designated amount of time. One example of this fast is called the “Jewish Fast” which is a full-day fast that begins with sunset in the evening and continues until sunset the next day. A minor fast day begins with the dawn and concludes at darkness. 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.

Set **LIMITS** on your screen time and/or your media use. You might **GIVE UP** certain movies and television entirely or just at certain times of the day or week. You could **SAY NO** screen time after a certain time. Or **DELETE** the social media app you use the most on your phone. Then, use that **TIME** you would have otherwise spent on a screen in **PRAYER** and **STUDYING** the Word.

## OTHER EXAMPLES INCLUDE:

1

### SACRIFICE

Sacrifice your sleep by getting up earlier and spending time with the Lord if this is not already a habit for you.



2

### EXERCISE

Some people find their peace and trust in their ability to care for their bodies through exercise. Perhaps if you take three days or a full week without avidly working out and spend it seeking the Lord, you may begin to discover how much he is in control.

3

### HABIT

Has using foul language become a habit for you? Consider giving up using certain words and hold yourself accountable.



4

### BUYING

Consider giving up buying things you do not absolutely need.

5

### TIME

What if you chose a certain amount of time to be silent every day?



6

### SILENCE

You might recognize how important music/podcasts were to you and decided to give it up in favor of silence?



## MATTHEW 17:20

HE SAID TO THEM, “BECAUSE OF YOUR LITTLE FAITH. FOR TRULY, I SAY TO YOU, IF YOU HAVE FAITH LIKE A GRAIN OF MUSTARD SEED, **YOU WILL SAY TO THIS MOUNTAIN,** ‘MOVE FROM HERE TO THERE,’ AND IT WILL MOVE, AND NOTHING WILL BE IMPOSSIBLE FOR YOU.”

## 1 JOHN 5:14–15

AND THIS IS THE CONFIDENCE THAT WE HAVE TOWARD HIM, THAT IF WE **ASK ANYTHING ACCORDING TO HIS WILL** HE HEARS US. 15 AND IF WE KNOW THAT HE HEARS US IN WHATEVER WE ASK, WE KNOW THAT WE HAVE THE REQUESTS THAT WE HAVE ASKED OF HIM.

## MATTHEW 6:6

BUT WHEN YOU PRAY, GO INTO YOUR ROOM AND SHUT THE DOOR AND **PRAY TO YOUR FATHER WHO IS IN SECRET.** AND YOUR FATHER WHO SEES IN SECRET WILL REWARD YOU.

# 21 in PRAYER GUIDE

THERE IS NO SPECIFIC FORMULA ON HOW TO TALK TO GOD, BUT PRAYING SCRIPTURE, GOD’S WORDS, BACK TO HIM IN DIFFERENT WAYS 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, BUT TO HELP YOU GET COMFORTABLE TALKING TO GOD, AND FOR YOUR PRAYER LIFE TO BECOME MORE NATURAL, EFFECTIVE, AND ENJOYABLE.

USE THE PRAYER GUIDE AS A TOOL TO PRAY INTENTIONALLY. IF YOUR MIND WANDERS, USE THE MODEL TO RESTORE YOUR FOCUS. FEEL FREE TO ADD YOUR OWN PERSONAL PRAYERS, AS WELL. AS YOU PRAY, BE SURE TO TAKE TIME TO LISTEN. WRITE WHAT GOD MAY BE SPEAKING TO YOU IN THE JOURNAL SPACE PROVIDED. TO MAKE YOUR PRAYER TIME EVEN MORE MEANINGFUL, YOU CAN WRITE NOTES OR PRAYER REQUESTS AND PLAY WORSHIP MUSIC. THE MOST IMPORTANT STEP IS COMMITTING TO REGULARLY ENTERING GOD’S PRESENCE THROUGH PRAYER.

THE GUIDE WAS WRITTEN 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.

**DAY 1**

## SCRIPTURE REFERENCE

James 4:8

Draw near to God,  
and he will draw near  
to you. Cleanse your  
hands, you sinners,  
and purify your  
hearts, you double-  
minded.

**PRAYER  
FOCUS**

Pray for intimacy with God to grow over the next 21 days. Pray – God, draw me for intimacy with God to grow over the next 21 days. God, draw me into a deeper relationship with you and give me a greater understanding of your love. God help me to love you with my whole heart. Empower me through your Holy Spirit to love you with my whole heart and obey you joyfully.



# JOURNAL

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# DAY 2

## SCRIPTURE REFERENCE

1 John 4:10-11

In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another.

**PRAYER  
FOCUS**

Pray for your love for others to deepen. Pray for stronger relationships with those closest to you. Pray specifically for spouse, children, family members, and coworkers.

# DAY 3

## SCRIPTURE REFERENCE

Psalm 139:23-24

Search me, O God,  
and know my heart!  
Try me and know my  
thoughts! And see if  
there be any grievous  
way in me, and  
lead me in the way  
everlasting!



## PRAYER FOCUS

Pray for repentance of sin.  
Pray - Search me and know  
my heart, God. Point out  
anything in me that offends  
you. God is faithful and  
just to cleanse us from all  
unrighteousness.



# JOURNAL

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# DAY 4

## SCRIPTURE REFERENCE

Eph. 6:19-20

...and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel.



## PRAYER FOCUS

Pray for our Pastors and spiritual leaders. Pray that God would help them stay faithful to the work before them and His call on their lives. Pray for their health, protection, and for their families. Pray for their hearts to remain pure and devoted to God, serving faithfully in prayer and study of God's Word.

# DAY 5

## SCRIPTURE REFERENCE

Matthew 9:37-38

Then he said to his disciples, "The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest."



## PRAYER FOCUS

Pray for our church, for the Holy Spirit to breathe new life, ideas, and creativity, by preaching the gospel in all that we do, and being good stewards of the resources we have been given. Pray that our church would be healthy and growing and for the harvest of workers to be abundant so that more people will come to know Jesus.



# JOURNAL

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# DAY 6

## SCRIPTURE REFERENCE

## 1 Timothy 2:1-2

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.



## PRAYER FOCUS

Pray for our leaders in government. God, give them strength and wisdom and guide all their decisions. Surround them with people who will speak godly wisdom and counsel into their lives. Bring to them people of high moral character and spiritual maturity.



**DAY 7**

## SCRIPTURE REFERENCE

Acts 4:29-30

And now, Lord, look upon their threats and grant to your servants to continue to speak your word with all boldness, while you stretch out your hand to heal, and signs and wonders are performed through the name of your holy servant Jesus.



## PRAYER FOCUS

Pray for personal boldness to tell others about Him so we can tell others about Jesus. Pray that our faith would increase and our fear of what others think would decrease.



# JOURNAL

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# DAY 8

## SCRIPTURE REFERENCE

## Ephesians 5:6-7

Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Therefore do not become partners with them.



## PRAYER FOCUS

Pray to be world changers,  
and that our communities  
would be better because we  
are here. God, help us make a  
lasting impact, being light in  
a dark world, giving hope to  
others around us.

# DAY 9

## SCRIPTURE REFERENCE

Numbers 6:22-27

The Lord spoke to Moses, saying, "Speak to Aaron and his sons, saying, Thus you shall bless the people of Israel: you shall say to them, 'The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace.' So shall they put my name upon the people of Israel, and I will bless them."

**PRAYER  
FOCUS**

Pray for generations after us - our children and their children to follow in the footsteps of Jesus and to leave this world in a better place than they inherited it! That our faith would leave an impact long after we are gone.



# JOURNAL

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# DAY 10

## SCRIPTURE REFERENCE

Proverbs 3:9-10

Honor the Lord with  
your wealth and with  
the firstfruits of all  
your produce; then  
your barns will be  
filled with plenty,  
and your vats will be  
bursting with wine.



## PRAYER FOCUS

Pray to be faithful with our finances and all the resources we have been given. Pray that we would give God our first fruits in all that we do.

# DAY 11

## SCRIPTURE REFERENCE

2 Peter 3:9

The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.



## PRAYER FOCUS

Pray for unsaved loved ones. God, today I pray for (\_\_\_\_). They are in need of a new heart, the kind of heart only You can give. For Your Word tells us the human heart is sick and wicked, needing to be changed. Please replace their heart of stone with a humble heart, a clean heart, a pure heart, a believing heart. The kind of heart that can accept God and the truth of the gospel. Above all, may they have a repentant heart, Lord. In Jesus' saving name, I pray, Amen.



# JOURNAL



## PRAYER FOCUS

Pray for God's Kingdom to come, on earth as it is in Heaven. Pray that we would be Kingdom-minded, bringing what's up there down here!



# DAY 12

## SCRIPTURE REFERENCE

Matthew 6:9-10

Pray then like this:  
'Our Father in heaven,  
hallowed be your  
name. Your kingdom  
come, your will be  
done, on earth as it is  
in heaven.

# DAY 13

## SCRIPTURE REFERENCE

John 17:21

...that they may all  
be one, just as you,  
Father, are in me, and  
I in you, that they also  
may be in us, so that  
the world may believe  
that you have sent me.



## PRAYER FOCUS

Pray for Unity within the body of Christ - pray that we are one just as Jesus and the Father are one.



# JOURNAL

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# DAY 14

## SCRIPTURE REFERENCE

Mark 11:24-25

Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours. And whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven may forgive you your trespasses.



## PRAYER FOCUS

Pray for God to help you with bitterness and any unwillingness to forgive.



# DAY 15

## SCRIPTURE REFERENCE

## Ephesians 1:18

...having the eyes  
of your hearts  
enlightened, that you  
may know what is  
the hope to which he  
has called you, what  
are the riches of his  
glorious inheritance in  
the saints...



## PRAYER FOCUS

Pray for God to speak to us through His word. Pray for revelation, deeper understanding, and insight and a willingness to obey what we hear.



# JOURNAL

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# DAY 16

## SCRIPTURE REFERENCE

James 1:22-25

But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.



## PRAYER FOCUS

Pray that we would obey what God tells us. Be doers of His word, not hearers only.

# DAY 17

## SCRIPTURE REFERENCE

Ephesians 2:10

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

**PRAYER  
FOCUS**

Pray that we would fulfill the purposes for which we were created.



# JOURNAL

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# DAY 18

## SCRIPTURE REFERENCE

John 3:30

He must increase, but  
I must decrease.



## PRAYER FOCUS

Pray that we would decrease  
and that Christ would  
increase in us. Less of me,  
more of you, God.

# DAY 19

## SCRIPTURE REFERENCE

Galatians 5:1

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.



## PRAYER FOCUS

For God to heal wounds from  
our past to set us free for our  
future.



# JOURNAL

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# DAY 20

## SCRIPTURE REFERENCE

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



## PRAYER FOCUS

Pray for the fruit of the spirit to be evident in our lives. Pray that our lives would be filled with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

# DAY 21

## SCRIPTURE REFERENCE

2 Chronicles 7:14

For we have come to share in Christ, if indeed we hold our original confidence firm to the end.



## PRAYER FOCUS

Pray that our nation would turn and seek Jesus in humility and that God would bringing healing to our nation.



# JOURNAL

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**FURTHER INFORMATION AND RESOURCES CAN BE FOUND HERE:**

<https://www.liberty.edu/osd/lu-shepherd/spiritual-disciplines-40-days-of-fasting-resources/>

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting.html>



# A FINAL WORD:

“ Be strong in the Lord and in his mighty power. Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on

## **EVERY PIECE OF GOD’S ARMOR**

so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the

## **BELT OF TRUTH**

and the

## **BODY ARMOR**

of God’s righteousness.

## **FOR SHOES,**

put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the

## **SHIELD OF FAITH**

to stop the fiery arrows of the devil. Put on

## **SALVATION AS YOUR HELMET,**

and take the

## **SWORD OF THE SPIRIT,**

which is the word of God. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. ”

Ephesians 6:10-18

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**BETHLEHEM  
CHURCH**