

Jan 12th

# Day 1: Connect With God Relationally

## *“Our Father in Heaven”*

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

## Romans 8:15

So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father."

Proclaim your intimate relationship with God, addressing Him as your Heavenly Father and thanking Him that you are His child.

## Prayer:

"Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Heavenly Father. Thank you for loving me. I love you."

21 Days of  
Prayer &  
Fasting



# Day 2: Worship His

## Name

### *“Hallowed be your name”*

There is power in His Name. Here is a list of some of His names to help us worship Him specifically and personally:

**God is Righteousness** – He makes us clean

**God is Sanctifier** – He has called us and set us apart

**God is Healer** – He heals all our diseases

**God is Banner of Victory** – He defeated our enemies

**God is Shepherd** – He speaks to us and leads us

**God is Peace** – He is our peace in every storm

**God is Provider** – He supplies all of our needs

## Proverbs 18:20

The name of the Lord is a strong tower; the righteous man runs into it and is safe

Speak God's names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves of the power and greatness of our God.

## Prayer:

“God, I am in awe of You. Your Name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You.”

Jan 14th

# Day 3: Pray His Agenda First

***“YOUR KINGDOM COME. YOUR WILL BE DONE ON EARTH AS  
IT IS IN HEAVEN.”***

Part of being a child of God is caring about what He cares about. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

## Luke 12:31

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

Spend time focusing on what God is focused on. His priorities include:

Saving the lost

Providing wisdom and guidance for those in authority – parental, spiritual, governmental, occupational

Accomplishing His purpose in our lives

## Prayer:

“God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God’s presence today) and in our world. This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Savior. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, government leaders, employers, and any other leaders in your life), that You would give them supernatural wisdom and discernment as they lead. Give them a revelation of Your will and Your purpose for them. I give my life to You again today, have Your way in my life! Anything You want to do in me or through me, I will do. I ask today for wisdom and clarity as You show me my next steps.”

Jan 15th

# Day 4: Depend on Him for everything

***“GIVE US THIS DAY OUR DAILY BREAD”***

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.

## Psalm 121:1-2

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. You can bring your worries or desires to God, trusting Him enough by handing them over to Him fully! It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

## Prayer:

“Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I'm dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to You to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.”

**21 Days of  
Prayer &  
Fasting**



# Day 5: Forgive and be Forgiven

## ***"FORGIVE OUR DEBTS, AS WE FORGIVE OUR DEBTORS"***

God has offered us complete forgiveness, and we can receive it at any time.

When we turn away from our sins receive His forgiveness, our hearts are more prepared to forgive as well.

## 1 John 1:9

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance.

Ask God to forgive you and to help you forgive others.

## Prayer:

"God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Please help me let go of all of my offenses. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will."

Jan 17th

# Day 6: Engage in Spiritual Battles

***“AND DO NOT LEAD US INTO TEMPTATION BUT DELIVER US FROM THE EVIL ONE”***

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins receive His forgiveness, our hearts are more prepared to forgive as well.

## Ephesians 6:12

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.

By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God's truth over your life. Ask God to show you any lies you're believing or areas of spiritual battles happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

## Prayer:

"God, I recognize that my struggles today aren't against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don't have to fear the enemy because the One who is in me is greater than the one who is in the world."

Jan 18th

# Day 7: Express Faith in God's Ability

***"FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER."***

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

## Jeremiah 32:17

Ah, Sovereign LORD, you have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

- "Yours is the Kingdom" - all authority belongs to You
- "Yours is the Power" - all might flows from You
- "Yours is the Glory" - Your victory will be complete

## Prayer:

"Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise."

# Day 8: Put on the full Armor of God

Knowing that we are in a spiritual battle, God provides spiritual armor and equips us to take a stand when battles come our way.

## Ephesians 6:11-18<sup>(NIV)</sup>

Put on the full armor of God so that you can take your stand against the devil's schemes. 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.

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.



Jan 19th

# Day 8: Put on the full Armor of God

## Prayer:

"Thank You, Lord, for my salvation. I receive it in a new and fresh way from You, and I declare that nothing can separate me from the love of Christ and the place I have in Your Kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity- defend me from all attacks against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me Your truth today. I choose to live for the Gospel in every moment.

Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and attack of the enemy and I receive and claim your power in my life. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today.

Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day."

# Day 9: The weapons of battle

When we are aware of our spiritual battles, we can be active in praying through them. God has given us victory and power to fight through the blood of Jesus.

## 2 Cor 10:4-5<sup>NIV</sup>

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

## Prayer:

"Father, Your Word says that no weapon formed against me will prosper (Isaiah 54:17), and I declare it in Jesus' Name.

Your Word says that trouble will not arise a second time (Nahum 1:9). So I declare in Jesus' Name that Satan cannot make trouble for me again, like he has in the past. I declare in the Name of Jesus that all of these prayers are answered and taken care of by trusting You. I stand on Your Word. The enemy is driven out from me; from my home, workplace, church family, children, and loved ones. I declare that he is not able to stand against me. No weapon formed against me will prosper, because the Spirit of the Lord is with me, protecting me. I declare these truths in the Name of Jesus. Anything that comes against me or my family that is not in line with the truth and will of God, I command to bow to the powerful Name of Jesus. Father God, I give You all of my thanksgiving, praise, glory, honor, and worship. Thank You for loving me, making me clean, and giving me purpose."

# Day 10: Protection

## Prayer

We often worry about our safety and protection. When we feel this way, we can immediately come to God in prayer, pouring out our heart to Him, and battling in the heavens by asking for and claiming protection for ourselves and our families in Jesus' Name.

## 2 Thessalonians 3:3 (NIV)

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

## 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 submit myself to the true and living God and refuse any involvement of the enemy in my life. 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 (be as specific here as you like). All that I have is Yours God, and I believe the enemy cannot touch me or anything You have given me. He will not take what You have given us and we are protected and provided for by You, God, and You alone."

Jan 22nd

# Day 11: Confession

## Prayer

Our sin separates us from God, but Jesus made a way for us to be reunited with God by covering our sin by dying on the cross. When we accept the gift of salvation we confess our sin, and as Christians, confessing and repenting of sin is something we continue to do. By coming clean and repenting before God, He is able to work in our lives and transform us to be more like Him.

### 1 JOHN 1:9 (NIV)

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

## Prayer:

Lord Jesus, I confess all of my sins to You. I repent and turn away from them. I'm sorry for the wrong I have done. / confess the times / should have stepped up to do right and did nothing instead. I lay it all down at Your feet. I submit my thoughts, words, actions, and inactions to You. Thank You, God, for forgiving and making a way for me through Your Son, Jesus. Lord Jesus, I believe that You are the Son of God. You died on the cross for my sins and rose to life again on the third day. I confess all my sins and repent. I receive Your forgiveness and ask You to cleanse me from all sin. Thank You for redeeming me, setting me free, making me holy, and giving my life purpose."

Jan 23rd

# Day 12: Forgiveness

## Prayer

Come before the Lord with humility, honesty, and sincerity.

Share the areas in your life where you need to forgive others.

Even if you aren't able to settle a situation with that person, you can settle it with the Lord, letting them off the hook by forgiving them. As you choose to forgive those who have hurt or offended you, you can also praise and thank

God for forgiving you when you didn't deserve it.

### Matthew 6:14-15<sup>(NIV)</sup>

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

## Prayer:

"Lord, I have a confession to make. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (name them). I also forgive and accept myself because You have made me new in the Name of Jesus."

Jan 24th

# Day 13: Pride Prayer

Practicing humility requires overcoming pride in our lives. Just as you confess other sins, regularly confess your pride to God. Submit it to Him, asking Him to help you walk in humility, free of pride and self-absorption. If you feel like pride is an issue that continues to surface in your life, confess it daily and bring it before God.

## Proverbs 11:2<sub>NIV</sub>

When pride comes, then comes disgrace, but with humility comes wisdom.

## Prayer:

"Father God, I come to You in the Name of Jesus. I know pride only keeps me from You. I put down anything that would cause me to have pride in my heart in dealing with other people. Help me to prioritize others over myself. I ask you God, to remind me daily that true humility is not thinking less of myself, it's thinking of myself less. I humble myself before You and come to You like a child."

# Day 14: Healing

## Prayer

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

### Psalm 103:2-5<sub>(NIV)</sub>

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.

## Prayer:

"Father, in the Name of Jesus, I come before You asking for healing (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.

You are the God who heals, and I believe every knee will bow to You including the name of (name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. You say that You forgive our sins and heal our diseases, and I praise You for this.

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. In Jesus Name, Amen."

Jan 26th

# Day 15: Prayer for our Nation

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

## 1 Timothy 2:1-6, 8 (NIV)

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people — for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. For there is one God and one mediator between God and mankind, the man Christ Jesus, who gave Himself as a ransom for all people. This has now been witnessed to at the proper time. ... Therefore I want the men everywhere to pray, lifting up holy hands without anger or disputing."

## Prayer:

"Lord, please be in our midst as we come together as your body to lift up our country and our leaders. Please protect our country from the division that challenges our ability to live lives pleasing to you. Defend the vulnerable and voiceless, and bring justice to those who have suffered injustice. Realign and unify your people in Your Son, Jesus Christ, who is the author and protector of our faith, as we cry out to you for our land."



# Day 16: Praying

## Scripture

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. Let's begin with King David's Psalm 23. Take a moment to read it, and then use the prayer below as a way to use the Psalm to have a conversation with God.

### Psalm 23<sup>(NIV)</sup>

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

### Prayer:

"God, You are my Provider, and I know You will take care of me.

Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge,

I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever."

Jan 28th

# Day 17: Praying for the lost

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him praying for those who don't know Him to come to know Him.

God draws people to Himself. It's not something we can make happen out of our own efforts, so we need to be faithful in praying that the Father would draw those to Jesus that He's placed on our hearts.

**John 6:44**<sub>(NIV)</sub>

No one can come to Me unless the Father who sent Me draws them...

## Prayer:

"Father, I pray for the people around me (list specific names), that you would supernaturally draw their hearts to you. Send your Holy Spirit to them, and give them the desire to give their lives to You.  
Help them to recognize their longing for more in life as a spiritual thirst only You can quench. Open their ears to hear your voice."

Jan 29th

# Day 18: PRAY FOR SPIRITUALLY BLIND EYES TO BE OPENED

## 2 Corinthians 4:4 (NIV)

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God. We can pray against whatever is in their way so that they can see the light of God. We can pray that they would see the truth without any obstacles or distractions interfering.

## Prayer:

"Father, bind the evil spirits that are blinding the minds of the people around me. In the name of Jesus, I pray that they would be able to see clearly, to recognize who You are, and to give their hearts to You.

Remove all hindrances the enemy would use to distract them from Your truth. Open their eyes, Lord, that they might see Jesus."

Jan 30th

# Day 19: PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD

## Romans 8:15 (NIV)

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brocry, aboa, alreadoption to sonship. And by Him

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God wants His beloved sons and daughters to come home. Praying for people to have personal encounters with the living God makes a huge difference.

## Prayer:

"Father, I pray that people will understand how much You love them. Loosen the spirit of adoption for the people around me, so that they come into a meaningful relationship with You. Stir in their hearts a longing to come home, to hear Your voice, and to see You welcoming them with open arms. Let them know You are always running to meet them and hold them close."

Jan 31st

# Day 20: RELEASE THE SPIRIT OF WISDOM AND REVELATION

## Ephesians 1:17 (NIV)

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better.

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We need wisdom, not just knowledge, of spiritual things and insight into how spiritual realities directly impact us. We can pray for this kind of supernatural revelation that only comes from God. As our 21 days of prayer and fasting are coming to a close, it is our prayer that we could continue to know God better, grow in faith, and put Him first every day.

## Prayer:

"Father, I pray we would all experience the spirit of wisdom and revelation. I pray that the lost would be found, and that the found would grow in wisdom and revelation so that we may all know You better. Thank You for opening our eyes to see You and our ears to hear You. Thank You for wisdom, divine revelation, and spiritual insight that could come from no one else but You."

Feb 1st

# Day 21: THIS IS JUST THE BEGINNING

## Matthew 7:7

Keep asking, and it will be given to you. Keep searching, and you will find. Keep knocking, and the door will be opened to you.

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We believe that prayer moves the hand of God. Prayer brings Heaven's influence into earthly situations. Prayer always works In us! Matthew / offers a promise that as we pray God will respond. Our prayer life is an active, life-altering force. Keep asking, keep searching, keep knocking - God is waiting to meet you in prayer!

## Prayer:

"Heavenly Father, as I claim the promises in Your Word through my prayer time, I praise You for Your character. Trustworthy, faithful-that is who You are. I thank You that I can trust You to be faithful to me. It is my prayer as I call out to You that You would give me wisdom, insight, and understanding for the situations I encounter. You are the God who knows all and sees all, so I ask that You would give me Godly understanding for my relationships, my family, my friendships, and my faith. You are the one who made the earth and established it, so You certainly have the ability to give me all I need for the journey I am on! Please give me ears that hear, eyes that see, and a heart that pays attention to what You are saying. In Jesus' name, Amen."